

Bishop

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Chefs

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Specialties

Bishop's Chefs' Specialties is a collection of recipes from far and wide. They have been sent by members of the KHC - BCS family in response to an appeal by the BCS Auxiliary. You will find the recipes truly international, reflecting the varied backgrounds of our students.

The BCS Auxiliary is a group of Ross House (Day students) parents who run the Nearly New Shop and assist at various functions held at the School. Being a Ross House parent is definitely not a prerequisite for membership, in fact, new faces are always welcome. The proceeds from the shop and other events are used within the school, primarily the boarding houses.

As a change of pace from fashion retailing we are attempting to break into publishing. Little did we know how frustrating this could be. Computer breakdown, illegible writing, damaged discs, accents, proofreading - probably still not perfect - were only some of the hazards we faced.

But, thanks to a great team effort, we finally have it ready and hope you will enjoy it.

Spring 1989

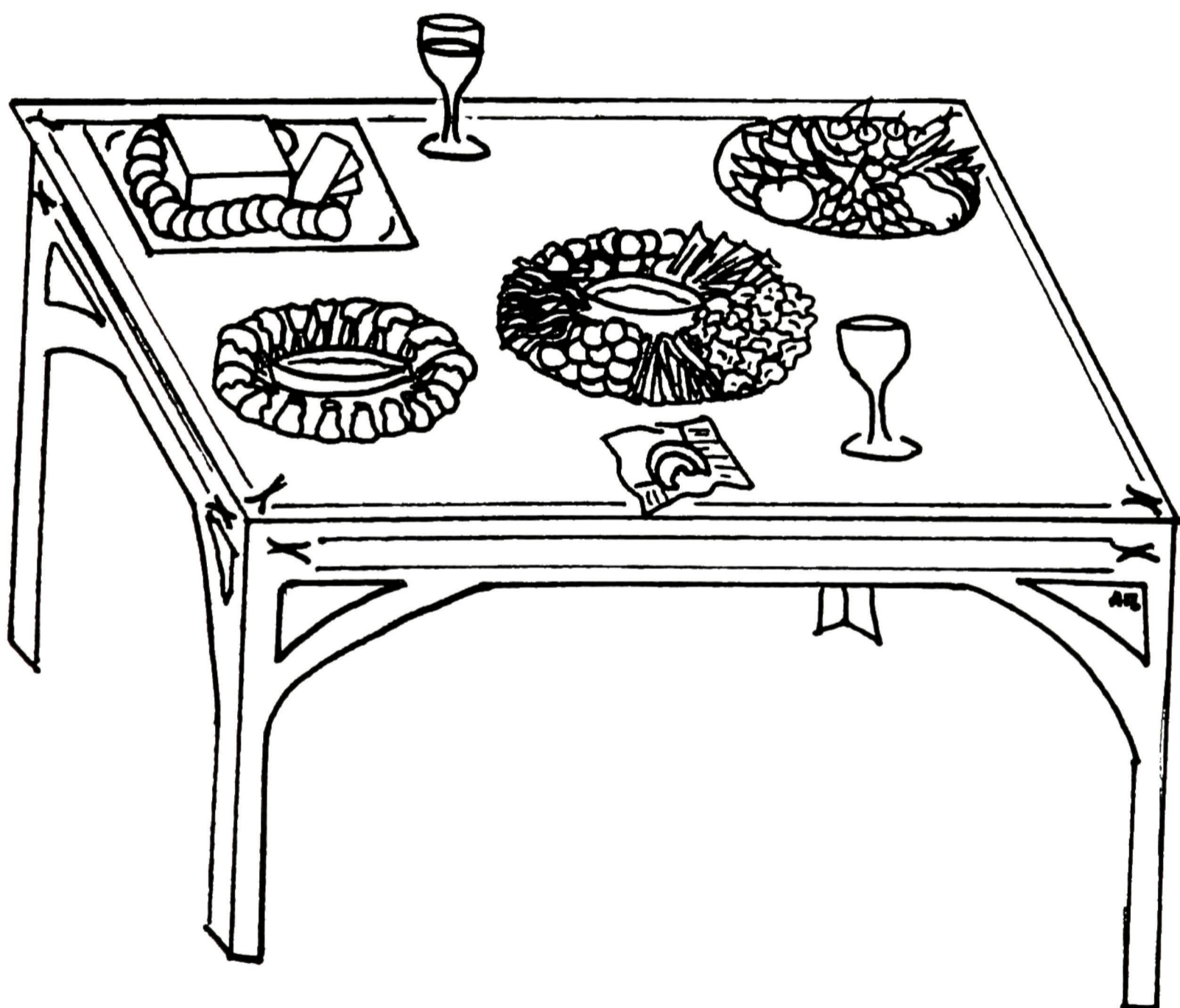
BCS Auxiliary

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Appetizers



Baba Ghannouj
Saudi Arabia

2 medium eggplants
2 cloves garlic
juice of 2 lemons
3 tbsps tahini
chopped parsley
salt to taste

Broil eggplants with skin on, turning them frequently. Remove skin under cold water and mash eggplants. Pound the garlic with salt, add tahini, lemon juice and water. Then mix with eggplants and salt. Spread on a platter and garnish with parsley.

Julie Guenkel '89

Feuilles de vigne farcies à la crème **(Liban)**

1 pot de 500 ml de feuilles de vigne en conserve

Ingrédients pour la farce

3/4 de tasse de riz bien lavé et drainé

1 livre de viande hachée mi-maigre

1/2 tasse d'oignons hachés

1/2 c. à thé de sel

1/2 c. à thé de poivre noir

2 à 3 c. à table d'eau froide

Ingrédients pour la cuisson

Quelques tranches de tomates pour tapisser

**le fond de la casserole ou 4 tranches d'épaule
d'agneau**

8 à 10 gousses d'ail épluchées

2 tasses de bouillon ou d'eau chaude

1/2 tasse de jus de citron

Laver les feuilles de vigne pour les déssaler. Les égoutter et les laisser de côté. Tapisser le fond de la casserole avec les tranches de tomates ou la viande. Mettre 3 ou 4 gousses d'ail sur le dessus et laisser de côté.

Mettre le riz dans un bol. Ajouter la viande hachée, l'oignon, les épices et l'eau et bien mélanger le tout.

Farcir les feuilles de vigne et les ranger dans la casserole préparée, en intercalant ici et là les gousses d'ail. Ajouter l'eau chaude ou le bouillon.

Mettre un couvercle ou une assiette d'un plus petit diamètre sur les feuilles pour les presser afin qu'elles ne se déroulent pas à la cuisson.

Amener à ébullition puis baisser la température et cuire à petit feu pendant une heure.

Enlever le couvercle ou l'assiette de support et ajouter le jus de

citron et quelques noisettes de beurre et continuer la cuisson pendant 20 à 30 minutes.

Servir chaud ou tiède avec une salade de yogourt et concombres ou du yogourt nature.

Remarque

Pour préparer des feuilles de vigne vertes fraîches, les plonger dans l'eau bouillante pendant 20 secondes, les rafraîchir à l'eau froide et les drainer.

Pâte à pâtes avec levure (voir recette)

Yacout Kandalaft

Natalie '86

Feuilles de vigne farcies aux légumes

(Liban)

1 pot de 500 ml de feuilles de vigne en conserve

Ingrédients pour la farce:

1 tasse de riz bien lavé et drainé

1 1/2 à 2 tasses de persil haché frais

1/2 tasse de menthe fraîche hachée

ou 3c. à table de menthe séchée

1 1/2 à 2 tasses de tomates fraîches concassées

**1 tasse d'oignon haché ou moitié échalotte verte
moitié oignon**

1/2 tasse d'huile d'olive

**1/2 tasse de pignons ou 1/2 tasse de pois chiches
sel et poivre au goût**

Ingrédients pour la cuisson:

**quelques tranches de tomates pour tapisser
le fond de la casserole**

1 1/2 tasse d'eau chaude

1/4 à 1/2 tasse d'huile d'olive

1/2 à 3/4 de tasse de jus de citron

une pincée de sel au besoin

Bien laver les feuilles de vigne pour les déssaler. Les égoutter et les laisser de côté. Tapisser le fond de la casserole avec les tranches de tomates et laisser de côté.

Mettre le riz et le reste des ingrédients de la farce dans le bol et bien mélanger le tout.

Farcir les feuilles de vigne et les ranger dans la casserole préparée.

Ajouter l'huile et l'eau chaude et placer une assiette pour presser les feuilles et les empêcher de se dérouler durant la cuisson.

Couvrir et cuire à petit feu pendant une heure.

Enlever l'assiette de support, ajouter le jus de citron et cuire 20 à 30 autres minutes.

Ajouter un peu d'eau durant la cuisson selon le besoin.

Laisser refroidir et servir tiède ou froid

Décorer avec des tranches de citron.

Yacout Kandalaft
Natalie '86

Hoomus Dip (Chickpea Dip)

**1 can chickpeas
3 tbsps Tahini sauce*
Lemon juice to taste
1 clove garlic minced**

**** Tahini sauce is available at specialty stores -
Middle East section.***

Drain the liquid from the chickpeas and put peas in blender.
Pulverize.
Add Tahini sauce, garlic and lemon juice. Mix well. Salt and
pepper to taste.

*Eva Scheib
Nick '90*

Jamaican Coconut Curls

1 coconut containing a reasonable amount of water

Break open a coconut and remove the flesh from the shell and pare away the brown skin. Using a vegetable peeler shave pieces until you have used the whole coconut. Lay the shavings in a single layer on a cookie sheet, sprinkle with salt to taste and bake in a slow oven (275°-300°F) for 45-60 minutes, or until a nice, even light brown. Turn every 15 minutes.

Allow to cool and store in an airtight container.

This is a nice change from nuts and chips and is best made when coconuts are fresh and abundant in winter-early spring. The meat of one coconut will fit an average cookie sheet, so you can do at one time as many as your oven will accommodate.

Marjorie Retzleff
Alexandra '87

Lobster And Smoked Salmon Terrine

1/2 lb smoked salmon sliced for lining terrine

1 x 2 lb lobster, cooked

1 cup mayonnaise

1 cup cream

juice of 2 lemons

1/2 cup tomato ketchup (homemade gives better flavour)

1 oz. gelatine

black pepper freshly ground

Line terrine dish with the sliced smoked salmon. Pound the lobster meat in Robot or Magimix. Dissolve gelatine in the lemon juice. Mix all the ingredients together well. Add gelatine and fill terrine dish. Cover with greaseproof paper. Put into fridge with weights on top. Leave 24 hours. Turn out and slice. Serve with brown bread, spread with dill butter.

*Chay Buchanan-Smith
Loretto School, Scotland*

Marinated Mushrooms

1 pint firm, white mushrooms, preferably small
2/3 cup salad oil
3 tbsps wine vinegar
1 tsp dry mustard
1/2 tsp salt
1/4 tsp pepper
1/2 tsp dried basil
2 tbsps finely chopped green onions

Clean the mushrooms well and leave to dry on a paper towel for a few minutes. Meanwhile mix the remaining ingredients together in a deep bowl. Cut the mushrooms in half and add them to the marinade, turning them over several times to bathe them in the mixture. Refrigerate for several hours, stirring them every half hour. Ten minutes before serving, drain off the marinade. These are good added to a tossed salad or served on an individual salad plate together with chicory, sliced tomato, etc.

Peggy Nicholl
Lucy '80

Microwave Creton

**1 lb ground pork
1 finely chopped onion
1 tsp salt
1/4 tsp pepper
1/2 tsp allspice
1/2 cup water**

Take Corningware dish with cover. Mix above ingredients until meat is very well mixed. Cook with cover at the high position for 15 minutes. Stir twice during cooking. At the end of cooking mash the meat with a masher. Pour in small containers, refrigerate.
Serve on crackers.

*Theresa Loubier
Admissions Office*

Onion Poppy Seed Crackers

**1 lb onions (enough for 3/4 cup)
1 large egg
1/4 cup vegetable oil
2 tbsp sugar
1 tsp baking powder
1/4 cup poppy seeds
2 - 2 1/3 cups flour
kosher salt**

Grate onions on coarse grater or in food processor. (Do not purée them.) Drain the onions in a fine sieve, pushing hard on solids; discard liquids.

In a bowl whisk together the egg, oil, sugar, baking powder, poppy seeds and 3/4 cup onions. Add flour (2 cups) and stir. Add additional flour as needed to make a firm, but slightly sticky dough. On a floured board roll out the dough (half at a time) to 1/8" thick. Cut out 2 1/4" rounds. Re-roll scraps and cut out.

Prick rounds with fork. Sprinkle with salt.

Bake on an ungreased sheet 10 - 15 minutes at 350° F.

When cool spread with mixture of sour cream, yogourt and dill.

*Anne MacLaren
Sarah '89*

Pâtes aux épinards en triangles fermés **Fatayers aux épinards (Liban)**

2 paquets d'épinards frais
1 c. à table de sel
3 oignons finement hachés
4 onces d'huile d'olive
1/4 de tasse de jus citron
1/2 à 1 c. à thé de poivre noir
1/2 c. à thé de tout épices
1/2 tasse de pignons nature

Equeuter les épinards, les laver à plusieurs reprises à grande eau pour les débarasser du sable. Les égoutter dans une passoire puis les sécher dans un linge de cuisine. Les couper finement ou les hacher grossièrement et les mettre dans un bol avec le sel pour extraire l'eau de végétation pendant une heure ou plus. Bien les égoutter de toute leur eau en les essorant dans un linge propre de cuisine.

Les remettre dans un bol propre et ajouter les oignons et le reste des ingrédients.

Ajuster les assaisonnements.

Procéder comme pour les triangles à la viande(Fatayers) avec la différence qu'il faut les badigeonner à l'huile avant la cuisson. Servir tiède à la température de la pièce.

Pâte à pâtes avec levure (voir recette)

Yacout Kandalaft
Nicole '84

Pâte à pâtes avec levure

1 c. à table de levure sèche
ou 1/2 once de levure fraîche
1 et 1/2 tasse d'eau tiède
2 c. à thé de sel
4 onces de beurre fondu tiédi
ou huile végétale
2 oeufs
5 à 6 tasses de farine tout-usage
ou non blanchie

Dissoudre la levure avec l'eau tiède

Ajouter les oeufs, le beurre et le sel et bien mélanger

Ajouter la farine graduellement et brasser pour obtenir une pâte pas trop épaisse. La mettre sur la planche et pétrir 5 à 10 minutes.

Huiler un bol et garder la pâte en la recouvrant avec du plastique, dans un endroit tempéré jusqu'à ce qu'elle double de volume.

La décongeler et s'en servir pour les sfihas, fatayers ou faire du pain avec le reste.

Yacout Kandalaft

Nicole '84

Quick Appetizer

1 can consommé

1 8 oz package Cream Cheese

Melt and mix ingredients. Pour into ramequins, chill. Decorate with a bit of caviar (or chopped parsley) and serve as first course.

Ursula Evans
Former staff

Vegetable Dip - Red

**1/2 cup chili sauce
3/4 cup Miracle Whip
1 onion, grated
1 cucumber, grated
1 tbsp lemon juice**

Mix ingredients together and serve with raw vegetables.

Vegetable Dip - White

**1 cup Miracle Whip
6 squirts Worcestershire sauce
1 onion, grated
1 cucumber, grated
1 tbsp lemon juice**

Mix everything and serve with raw vegetables.

*Fern Lapointe
BCS Linen Room*

Yogourt Cheese (Labanee) **Lebanon**

2 quarts yogurt

1 tsp salt

Pour yogurt with salt into cheesecloth bag. Tie bag and hang to drain overnight. Remove cheese next day. Cheese will be firm enough to spread.

Serve on Pita bread.

Yield: 2 1/2 cups.

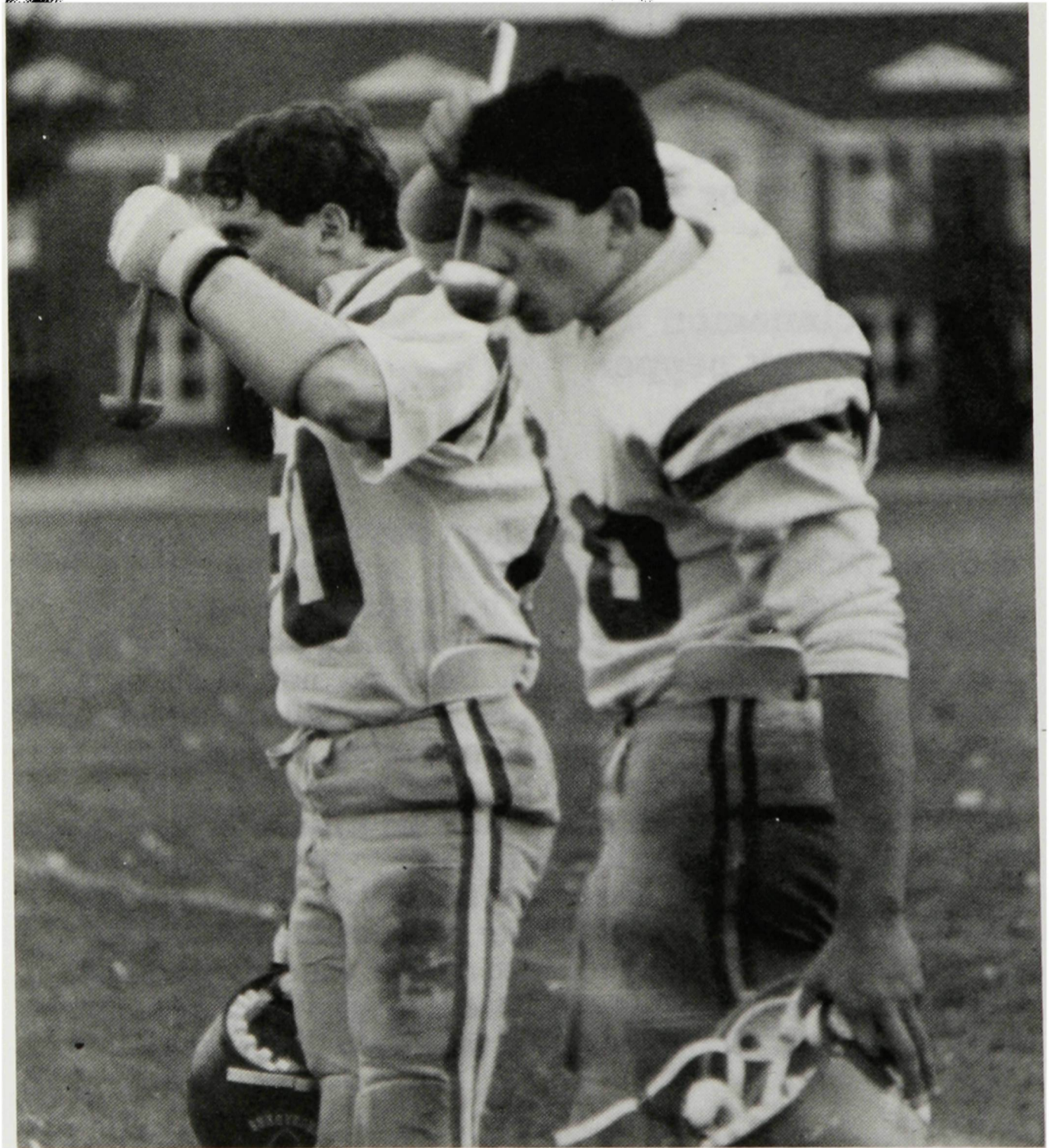
Eva Scheib
Nick '90

Zeytinyagli Yaprak Dolma
Stuffed Grape Leaves
Turkey

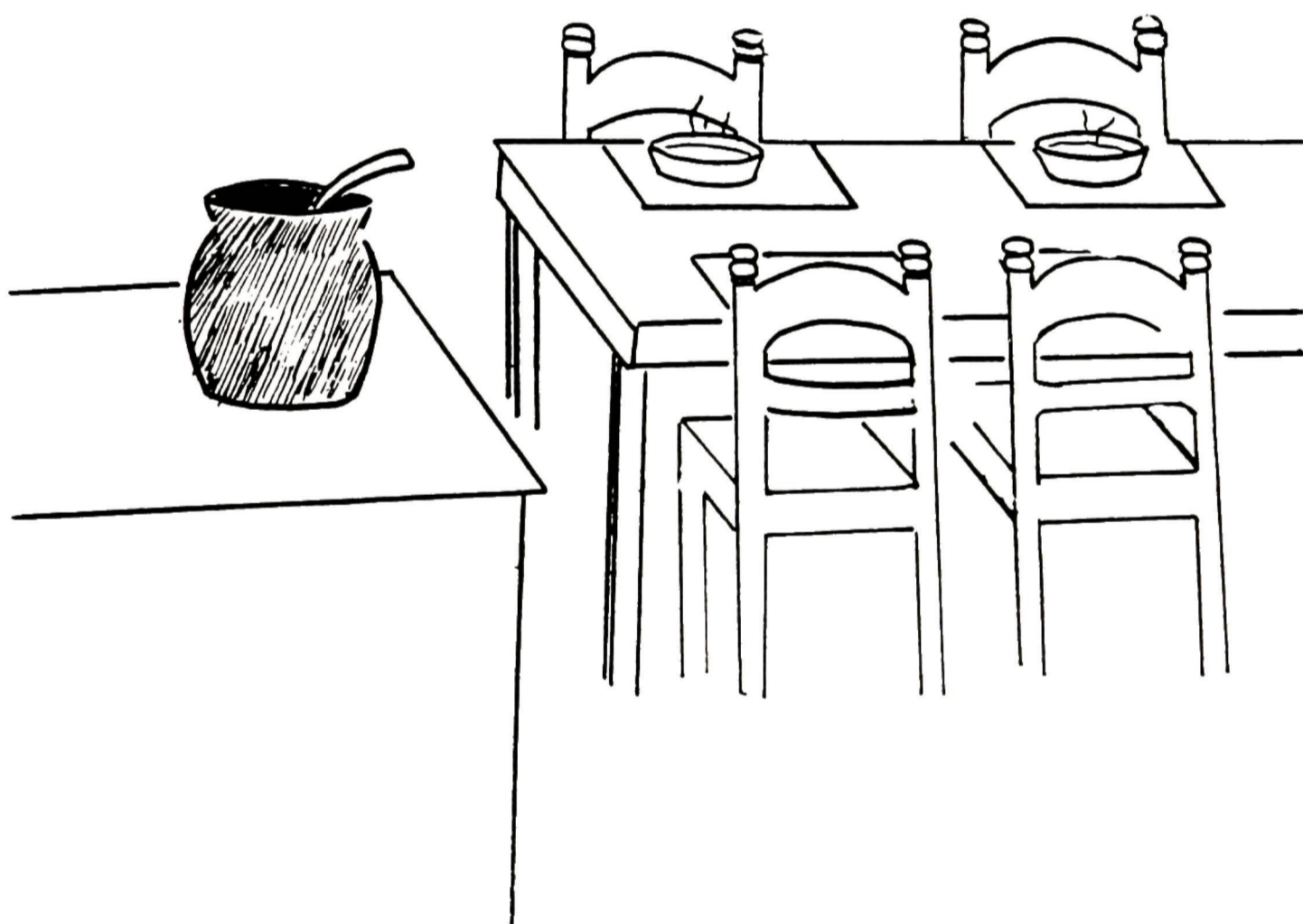
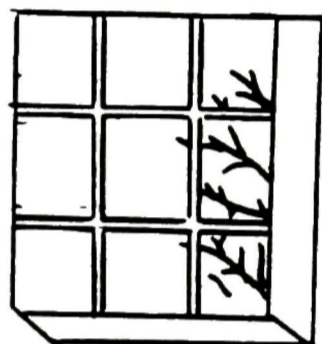
1/2 kg grape leaves, washed
2 cups regular rice
1/2 cup olive oil
1/2 cup corn oil
7 medium size onions, chopped
2 cups water
2 tbsps pine nuts
2 tbsps currants
2 tbsps dried or fresh mint leaves
1 tsp salt
2 tsps sugar
1/2 tsp cinnamon
1/2 tsp black pepper
1/2 tsp allspice
1 lemon, juice

Put onions and pine nuts in medium size pot and fry in 1 cup of mixed oil until pink. Keep heat on. Add rice and stir for 5 minutes. Add salt and 2 cups of hot water and cook until water is absorbed. Remove pot from heat and add sugar, lemon juice and currants, and mix well. Cover pot and let sit for 30 minutes. Add cinnamon, black pepper, allspice and mint, and mix well. Remove this filling and put aside. Unfold grape leaves one by one and wash in running water. Put a small amount of filling in each grape leaf, and wrap after folding in both ends. Place stuffed leaf one by one in the bottom of the pot and cover with two layers of grape leaves. Cover stuffed leaves with an upside down dinner plate, inside pot. Add 2 cups hot water and cook on low heat until water is absorbed. Remove plate and add 1/4 cup olive oil to stuffed grapes. Cover pot and let cool. Serve decorated with slices of lemons.

Julie Guenkel '89



Soups



Cantaloupe Soup

1 cantaloupe, very ripe

3 tbsps lemon juice, preferably fresh

1/2 tsp grated fresh ginger root or pinch of powdered ginger

1 cup unflavoured yogurt, skim milk yogurt is fine

2 to 3 fresh mint leaves, for garnish

Remove seeds from cantaloupe and spoon the pulp from the rind. Place the pulp in a blender or food processor and process to a purée. Add lemon juice, yogurt, and ginger, processing to combine well. Refrigerate until serving time. Sprinkle each bowl with chopped fresh mint.

This cold soup makes a refreshing lunch on a hot summer's day.

Serves 4.

Heather Budge '81

Chilled Cucumber Soup

**2 large cucumbers
3 tbsp grated onion
1 1/4 cups chicken stock
1/3 cup olive oil
1/2 cup fine , dry breadcrumbs
salt and pepper to taste**

Peel and grate cucumbers, or liquify in blender with onion and chicken stock. Whisk in oil and breadcrumbs. Season. Chill. Serve with a swirl of cream and a sprinkling of chopped parsley or paprika on top.

*Peggy Nicholl
Lucy '80*

Curried Cucumber Soup

An exotic and refreshing soup

**4 large cucumbers, peeled and seeded
1 medium onion, chopped
3 tbsp butter
2 3/4 cups chicken broth
3 tbsp flour
1 tsp curry powder
1 tbsp lemon juice
1 or 2 cups light cream
minced parsley**

Combine cucumbers and onion. Cook in butter until soft. Add remaining ingredients except for parsley and cream. Cook all together until thickened. Purée in blender and chill. Just before serving add cream and sprinkle with minced parsley.

Serves 4-6.

*Nancy Beach Duquette
Julie '90*

Consommé Medley

2 (6) cups of tinned jellied consommé
1/4 (1/2) avocado pear
1 (3) oz. peeled prawns
1/4 (1) tsp grated onion
1 (3) tomato
1 (3) tbsp diced cucumber
2 (5) tbsp white wine vinegar
1/2 (1 1/2) tsp olive oil
1/4 (1) tsp Worcestershire sauce
seasoning

Chop tomato, cucumber, onion and avocado pear. Mix all together and season to taste. Chill for a bit.

Serves 2 - (6).

Trish Peacock
BCS Chaplain

Country Broccoli Soup

1 large head of fresh broccoli, about 2 lbs
3 tbsp butter
3 large leeks, well rinsed and sliced (white and light green parts only)
2 large potatoes, peeled and cubed
6-8 cups chicken stock
salt and pepper to taste
1 bay leaf
1 cup whipping cream, or crème fraîche

Cut florets of broccoli from stalks and reserve a few. Peel stalks with vegetable peeler then cut the stalks into half-inch cubes. Coarsely chop the rest. In a large soup pot heat butter. Add the leeks and sauté over a low heat for three to five minutes or until softened. Add the potatoes and broccoli. Add the stock, salt and pepper to taste and the bay leaf. Bring to a boil. Simmer, covered for thirty minutes or until vegetables are very tender. Remove the bay leaf. Purée the soup in batches in the blender or food processor. Return the soup to soup pot and add the reserved broccoli florets. Cook over a low heat for ten to fifteen minutes or until broccoli is tender. Add the cream or thin to taste with additional stock or milk. Season to taste with additional salt and pepper.

Serves 6.

Gillian Yanow
Adam '88

Crème de concombre

1 concombre anglais

0,75 cl d'eau

1 cube de bouillon de poule

sel, poivre

crème fraîche, persil haché

Couper le concombre épluché en rondelles, laisser fondre lentement. Ajouter l'eau, le sel, le poivre, le cube. Laisser cuire quelques instants, passer au mixer. Au moment de servir, ajouter la crème fraîche et le persil haché.

Famille Michel

BCS '88-'89

Crème Clamart

1/2 onion, chopped
1-2 stalks celery, chopped
1/2 clove garlic, minced
2 tbsps butter

2 quarts chicken stock
1 1/4 lb green peas, frozen
4 or 5 large sprigs of parsley
1/2 tsp basil
1/4 tsp thyme
1 small bayleaf

In a large saucepan sauté the first 4 ingredients until a golden colour. Add the rest of the ingredients and simmer the soup until the peas are tender. Puree in food processor or blender and put through a sieve. Add 2 quarts of light cream, enough to give the soup the desired consistency. Season with salt and pepper. Stir in 1 1/2 oz. of crème de menthe. Chill soup thoroughly. Serves 16-18.

Shirley Harrison Stoker
KHC '46

Hearty Vegetable Soup

**4 cups turnip, shredded
1 cup carrot, shredded
1 onion, finely chopped
1 green pepper, chopped
1 small zucchini, chopped
2 tbsps margarine
4 cups water
4 tbsps Beef Bovril
1 tsp basil
1/2 tsp thyme
1 tsp tarragon
4 large bay leaves
1 tsp Worcestershire sauce
salt and pepper to taste
28 oz. tin tomatoes or 1 basket cherry tomatoes
2 tbsp flour**

Combine turnip, carrot, onion, zucchini and margarine. Microwave High for four minutes. Stir and continue cooking on High for three minutes. Add water, Beef Bovril, basil, thyme, salt and pepper. Stir. Add tomatoes. Microwave on High for ten minutes. Stir. Stir in flour and add green pepper. Cook on High for ten minutes. Stir.

More flour may be added for a thicker soup, tomato juice may be added to thin soup. Garnish with green onion.

This recipe may easily be cut in half.

Cooking time: 27 minutes

*Adrienne Peacock
Kevin '89*

Lentil Soup

1 1/2 cups lentils, washed
5 cloves garlic, crushed
1 lb swiss chard, chopped
1 tsp flour
1 1/2 tsps salt
3/4 cup onions, chopped
3 tbsps olive oil
3/4 cup fresh lemon juice
1 bunch parsley chopped

In 6 cups boiling water simmer lentils 20 minutes. Fry onions in oil until yellow, add garlic and brown lightly. Add onions, garlic, swiss chard and parsley to cooked lentils. Stir well. Mix flour with lemon juice and thicken soup. Season with salt and pepper and serve hot.

Julie Guenkel '89

Okroshka - Cold Russian Soup

**6 Knorr chicken cubes
6 hard boiled eggs
2 large cucumbers
1/2-3/4 lb ham or Polish Cracow sausage
1/2 lb white crab meat, prawns or shrimp
2-3 cups plain yogurt
2-3 cups sour cream
spring onions and/or chives
crushed garlic to taste
a dash of vinegar or lemon juice
fresh or dried dill**

Place chicken cubes in 4 quart pot and pour enough water over them to make a strong tasting broth. Generously sprinkle with dill. Mix and allow to cool.

While stock is cooling finely chop the remaining ingredients and add to the stock. Mix yogurt, sour cream and vinegar or lemon juice thoroughly before adding to the soup. Crush some garlic into the mixture (optional), spring onions and/or chives are essential. Always use lots of dill.

Serve this very, very cold. It keeps for about a week in the fridge.

Serves 12 or more.

*The Grenon Family
France
BCS '87-'88*

Potage aux carottes

1/4 de tasse de beurre
1 oignon moyen, tranché
1 petite gousse d'ail émincée (facultatif)
5 tasses d'eau
2 et 1/2 tasses de carottes
1/4 de tasse de riz à long grain
1/4 de tasse de mélange pour bouillon de poulet
sel et persil haché

Faire fondre le beurre dans une casserole moyenne. Y faire sauter l'oignon et l'ail jusqu'à ce qu'ils soient tendres. Ajouter l'eau, les carottes, le riz et le mélange pour bouillon. Amener à ébullition. Couvrir et laisser mijoter de 20 à 25 minutes. Déposer la préparation aux légumes un peu à la fois dans le mélangeur. Couvrir et mélanger jusqu'à homogénéité. Saler et ajouter le persil au goût. Donne 4 portions.

(181 kcal/portion)

Huguette Talbot
Couturière BCS

Potage Au Cresson

France

3 leeks, diced
1 1/2 lbs zucchini, diced
1 tbsp butter
4 cups chicken stock
1 bunch watercress
salt and pepper
1/3 cup heavy cream

Heat butter in a 4 quart pot. Add diced leeks and cook until soft. Add zucchini and sauté for three minutes without browning. Add stock and simmer until zucchini is tender. Season with salt and pepper. Bring soup to a boil and add watercress. Simmer for two to three minutes. Pour into blender and blend until smooth. Reheat. Add cream just before serving. If you prefer to serve this soup cold, yogurt may be used in place of cream.

Gillian Rowan Legg Booth
KHC '61

Tomato-Orange Soup

**2 tbsp butter
1 cup onion, chopped
2/3 cup carrots, chopped
2 tbsp flour
2 1/2 cups chicken stock
9 oz. can tomatoes (sieved)
1/2 cup water
pinch of sugar, salt and pepper
3 tsp shredded orange rind**

**1 cup orange juice
tabasco sauce**

Boil and blend above ingredients. Add one cup orange juice and a few drops of tabasco. Daub with Devon cream and parsley.

*Ann Cameron Mitchell
KHC '53*

Turnip Soup

1 1/4 cups water
1 large potato
3 cups diced yellow turnip
2 medium onions
2 tbsps butter
salt and freshly-ground black pepper
2 to 3 cups milk
1 cup shredded extra old white Cheddar cheese
1 cup fresh or frozen peas
dill weed, for garnish

Peel potatoes and dice. Chop onions finely. Simmer potato and turnip in 1 1/4 cups of water for about five minutes. Drain, reserving liquid. Cook peas and set aside. Heat butter in a heavy saucepan. Add onion, then salt and pepper to taste, and cook over medium heat until onion is soft, about 4 minutes. Add potato and turnip along with 1 cup of reserved cooking water. Simmer, covered, until vegetables are very tender, about 10 minutes. Pour into a blender or food processor and process until smooth. Thin with milk. Return to saucepan and add cheese and peas. Heat over low heat and season to taste. Garnish with a sprinkling of dill and grated cheese. This hearty soup is sensational. A favourite at our house! Makes 6 servings.

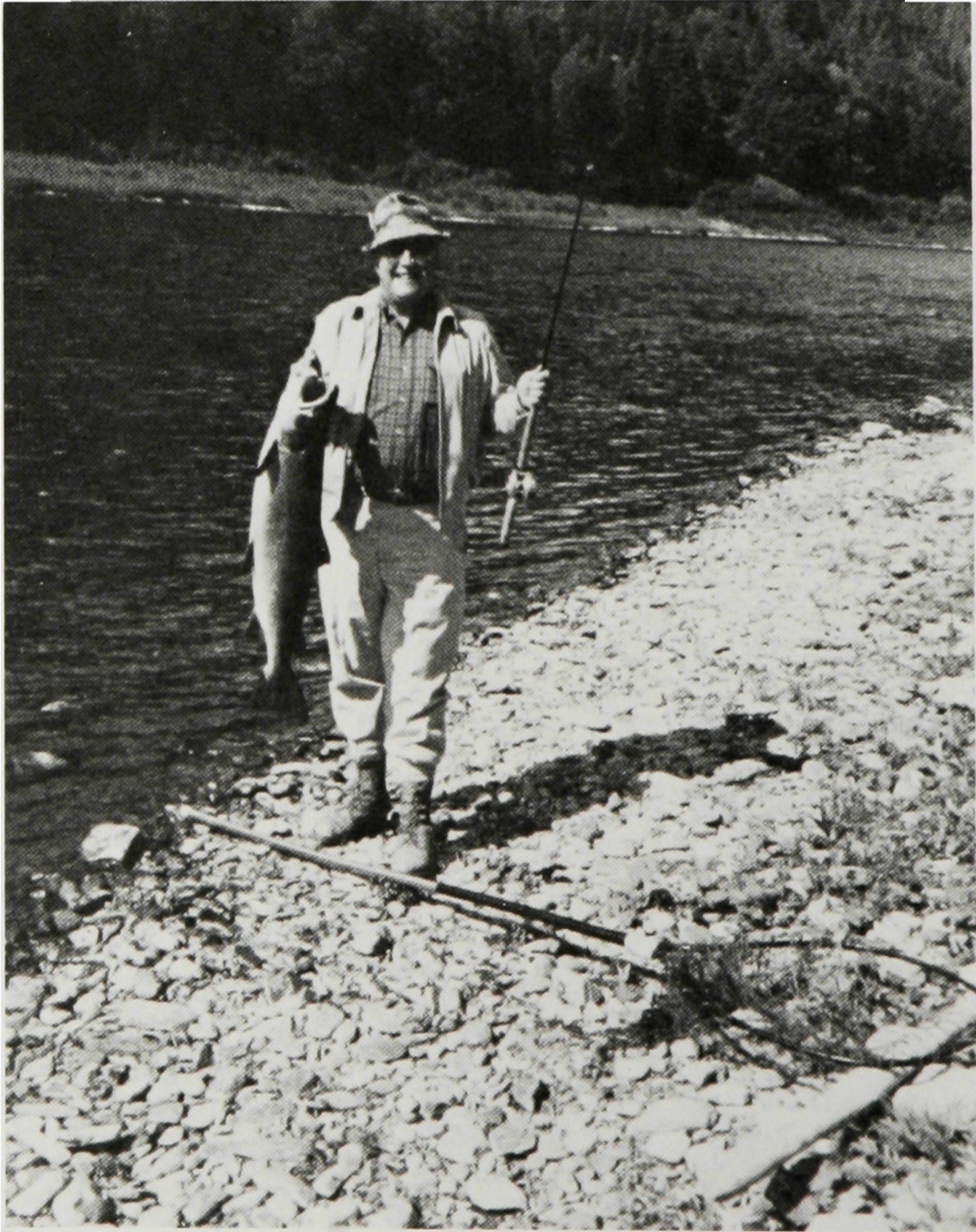
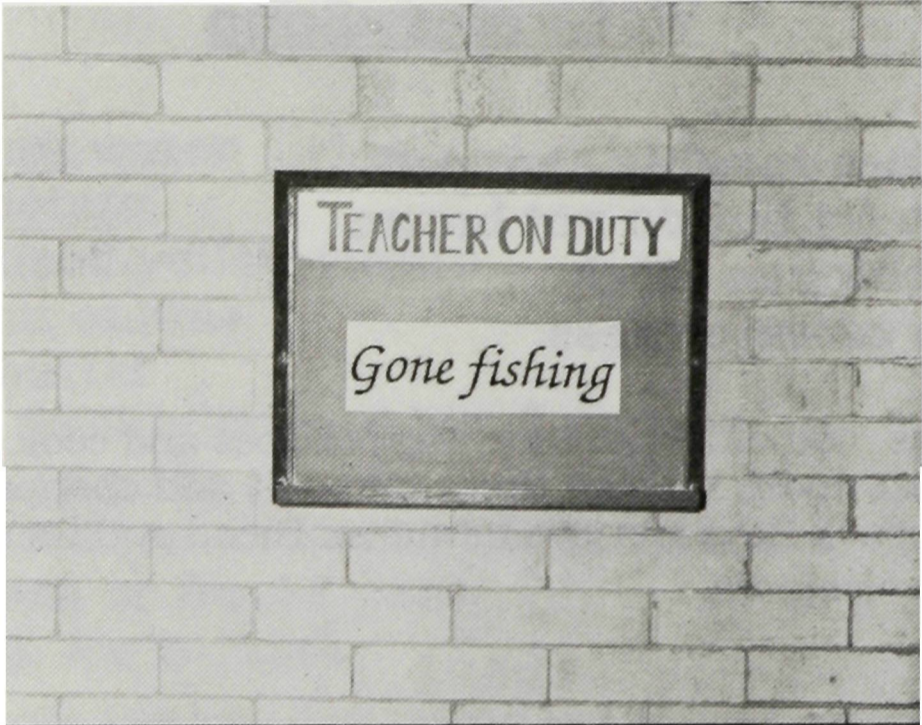
Ann McNally Budge
KHC '54

Watercress Soup

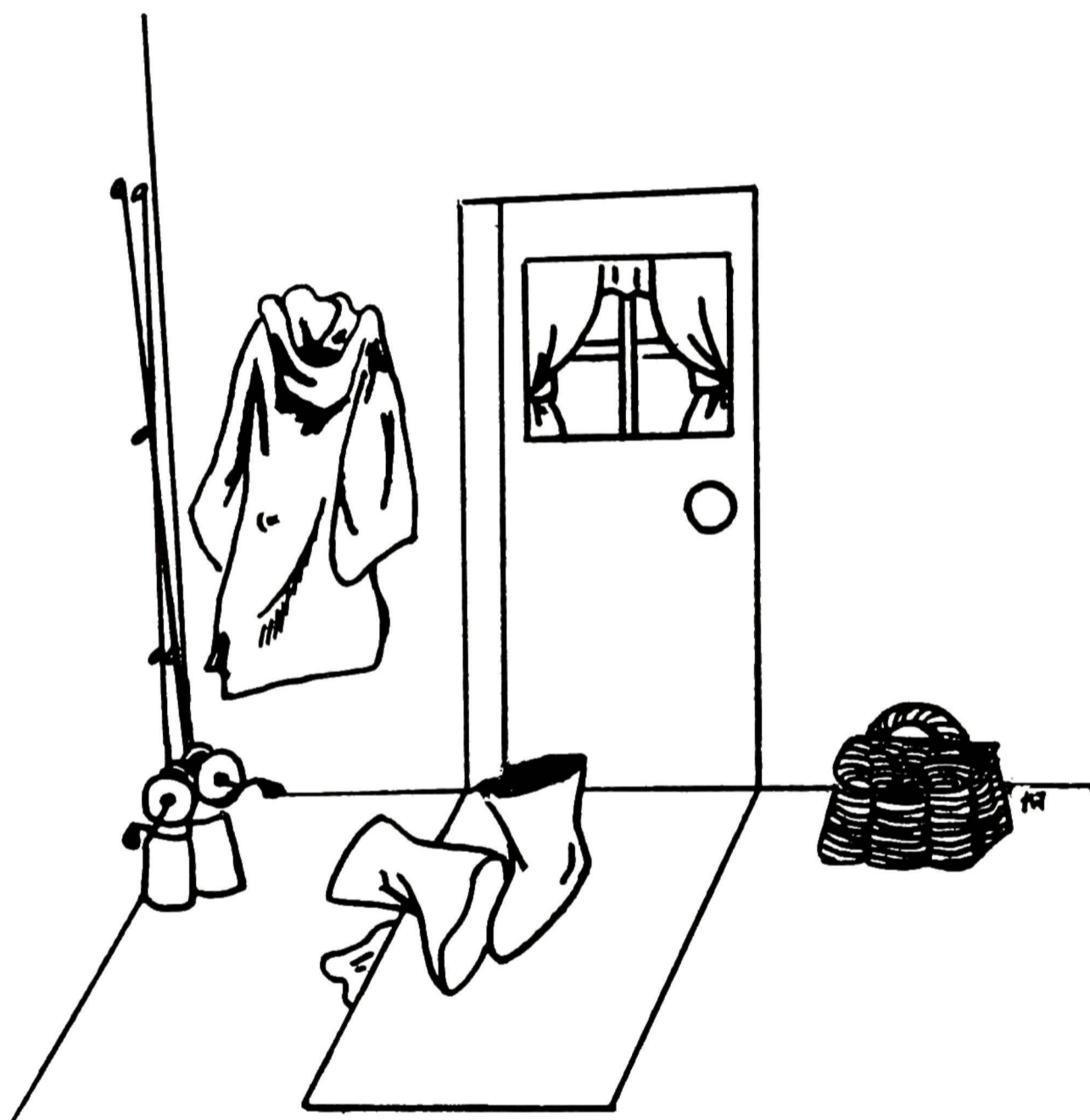
4 potatoes-roughly chopped
3 onions-fry but do not brown
6 cups chicken stock
1 bunch of watercress

Fry onions, add chicken stock and potatoes and cook. Once potatoes are cooked (about thirty minutes) add chopped watercress and cook for about five minutes. Blend and then thin with milk or cream.

Julia Common
Former Staff



Fish



Esturgeon

Esturgeon

Oignon

thym

orégano

sel et poivre

1/2 verre d'eau (vin blanc)

margarine (beurre)

Faire revenir des deux côtés dans la margarine ou le beurre. Ajouter l'oignon, le thym, l'orégano, le sel et le poivre. Ajouter 1/2 verre d'eau. Couvrir et laisser cuire 3/4 à 1 heure sur feu doux ou dans le fourneau. Si le liquide diminue en ajouter pendant la cuisson. On peut ajouter du vin blanc, cela servira de sauce pour servir, épaissir si désiré.

Jaqueline Tame

Marc '92

Baked Fish and Vegetables

2 tbsps butter
1 cup regular rice
1/4 cup thinly sliced green onions
1/4 cup butter
12 small white onions or 6 medium, cut in quarters
2 cloves garlic, crushed
2 green peppers, slivered
6 medium carrots, sliced on diagonal
2 celery stalks, sliced on diagonal
1 tbsp flour
1 tsp dried basil
1/2 tsp oregano
1 1/2 tsps salt
1/4 tsp pepper
water
1/4 cup lemon juice
2 lbs. fillet of sole, haddock or other white fish
salt and pepper
sliced Mozzarella cheese
3 tbsps butter
1 tbsp lemon juice
2 tbsps parsley, minced

Heat 2 tbsps butter in heavy saucepan. Add rice and green onions, cook gently until rice is slightly browned. Add water and salt as per rice package directions and cook as usual. Heat oven to 400°F and butter a 13"x9"x2" dish. Spread half of cooked rice down either side of baking dish leaving about 3 inches between the 2 rows of rice.

Baked Fish and Vegetables **continued**

Heat 1/4 cup butter in large heavy saucepan. Add onions and cook until golden. Add garlic, green peppers, carrots, celery and cook gently, stirring for 5 minutes. Add flour, basil, oregano, 1 1/2 tsps salt and 1/4 tsp pepper and mix well. Add 1 1/4 cups water to 1/4 cup lemon juice and add to pan. Stir to blend, bring to boil, cover and simmer for 10 minutes. Sprinkle fish generously with salt and pepper and cut into serving size pieces. Cut thinly sliced cheese into the same number of pieces and about the same size. Lay pieces of fish along beds of rice and top with cheese slices. Melt 3 tbsps butter and stir in 1 tbsp lemon juice and drizzle over fish and cheese.

Pour vegetables and their sauce into middle of pan between rows of rice. Sprinkle with parsley. Cover pan with foil and bake 15 minutes. Uncover and bake about 10 minutes more or until fish flakes easily.

Serves 6.

Mrs. Ferguson
Julie '89

Fillet Of Sole

1 lb frozen fillets
1 10-oz bag spinach (or 1 pkg. frozen)
1 can mushroom soup
2-3 tbsp cooking sherry
1/4 cup butter or margarine (melted)
1/2 cup bread crumbs
1/3 cup cheese of choice (grated)

Rinse frozen fillets with cold water and pat dry. Place in greased casserole. Bake at 350°F for 10 minutes. Cook and drain spinach. Chop slightly, and spread over fish. Mix soup and sherry. Spread over spinach. Mix last 3 ingredients and sprinkle over top. Bake at 350°F for another 20 to 25 minutes.

Glenna Speck
Linen Room

Fish Fillets Mediterranean
Châtelaine " Fast and Cheap " Contest

1/2 cup fine dry bread crumbs
1 tbsp parsley flakes
1 tsp salt
1/4 tsp pepper
4 tbsps vegetable oil or olive oil
1 lb fresh or thawed cod, perch, sole, haddock, or bluefish fillets cut in servings
1 small onion, sliced paper thin (or 3 chopped green onions)
1 medium tomato, diced
garlic salt to taste
2 tbsps grated parmesan cheese (optional)

Mix the crumbs, parsley, salt and pepper together. If fish fillets are damp, roll them directly into the crumb mixture. If too dry, moisten fillets with milk. Grease a 9 x 12 inch or 8 x 8 inch baking dish with 2 tbsps of oil. Arrange the fillets in the dish. Spread with the onion slices, then diced tomato, and sprinkle with garlic salt , remaining oil and parmesan. Bake at 425° F for 10 to 15 minutes depending on thickness of fish.

Serves 3-4.

Marjorie Retzleff
Alexandra '87

Gravlax

Norway

1 salmon, fresh or frozen
coarsely ground black pepper
about 1 lb brown sugar
dill weed
salt

A Norwegian recipe for curing salmon. The salmon is not cooked or smoked, but cured by using black pepper, salt, brown sugar and dill. A loose translation of **Gravlax** is "weighted salmon" : when you have prepared the salmon you have to put weight on it so the ingredients are squeezed into the fish.

1. Catch a salmon. The rivers of Canada have quite a few of these fish in them, but you can also catch one at your local supermarket. It should be above 3 lbs in weight.
2. Make up 6 or 7 sandbags for weights. Freezer bags full of sand are good for this. They are flexible and will fold around the fish when placed on top.
3. Fillet the fish; remove the backbone and head. You will need a **very** sharp knife for this.
4. Prepare some very coarse ground black pepper. This can be done by taking one jar of black peppercorns, putting them into an empty margarine tub and pounding them with a piece of wood, pestle and mortar fashion, or putting them in a cloth bag and hitting them with a hammer.
5. Mix the pepper with about 1 lb of brown sugar and about 6 tsps of salt. Mix all together.
6. Take a baking dish big enough to hold the salmon and line it with silver foil. Use enough foil to make a parcel of the fish.
7. Spread a thin layer of the salt/sugar/pepper mixture on the foil. Sprinkle a generous amount of dried dill over the mixture.
8. Place one side of the salmon on the mixture, skin side down.
9. Repeat procedure in #7 on flesh side of salmon.

10. Place other side of salmon on top, flesh side down. Salmon should now look like it has been put back together again!
 11. Repeat procedure for # 7 on top of salmon. Fold over the silver foil to make a watertight parcel of the whole thing.
 12. Place weights evenly over the whole fish. Put it in a cool place - not in the fridge. Leave for 48 hours.
 13. Take out the fish, scrape off some of the excess dill and serve. Can be an hors d'oeuvre or main course. Slice vertically in steaks, not flat like smoked salmon. Best served with sour cream and chopped raw onions and thinly sliced brown bread, or specially prepared sweet Norwegian mustard.
- You can freeze the cured fish even if has been frozen originally.

Charles Peacock
English Department

Grilled Swordfish with Avocado Butter

3 lbs fresh swordfish, thickly sliced
lemon butter
soya sauce

Grill swordfish basting with lemon butter and soya sauce under broiler or over charcoal.

Avocado Butter:

1/2 cup softened butter
1/4 cup mashed avocado
3 tsps lemon juice
1 tbsp chopped parsley
1 tsp Worcestershire sauce
1/2 tsp garlic salt
1/2 tsp barbecue spice (optional)

Whip butter, fold in remaining ingredients. Place in foil or waxed paper and roll up in log shape. Chill well. Cut thick slices and place one on each portion of hot swordfish before serving.

Shirley Harrison Stoker
KHC '46

Jellied Salmon Salad

1 7 oz tin salmon, drained and flaked
2 hard boiled eggs, grated
2 tbsps chopped olives
1 tbsp chopped onion
salt and pepper

1 envelope unflavoured gelatine
1/4 cup cold water
1 cup salad dressing or mayonnaise
1 tbsp lemon juice

Mix first 5 ingredients together.

Soften gelatine in cold water and dissolve over hot water. Pour gelatine mixture over the salad dressing or mayonnaise and add the lemon juice. Mix well and add this to the salmon mixture. Mix well and pour into mold and refrigerate until firm. Decorate with olives and lemon slices or wedges.

Glenna Speck
BCS Linen Room

Lotte aux poireaux (sauce Hollandaise)

1 kg de filet de sole
1 court-bouillon
250 gr de beurre
7 à 8 blancs de poireaux
4 jaunes d'oeufs
1 c. à soupe de vinaigre à l'estragon
1 citron
10 fleurons

Cuire le poisson au court-bouillon*. Emincer les blancs de poireaux et les cuire au beurre sans brunir. Saler et poivrer. Mettre le poisson sur le plat de service chaud, napper de poireaux et de sauce Hollandaise, parsemer de persil haché. Garnir avec des fleurons.

Sauce Hollandaise:

Mélanger les 4 jaunes d'oeufs avec 4 c. à soupe de court-bouillon et 1 c. à soupe de vinaigre à l'estragon. Faire prendre sur feu doux en fouettant jusqu'à consistance d'une mayonnaise. Retirer du feu et ajouter petit à petit le beurre fondu tiède, le sel, le poivre et le jus de citron sortant du frigo.

Court-bouillon:

Mettre dans un litre d'eau: un bouquet garni (persil, thym, laurier), deux carottes, un peu de céleri, deux oignons, un poireau, sel et poivre.

Famille Michel
BCS '88-'89

Minted Steamed Trout

4 small fresh trout
lots of fresh mint

Line bottom of a large frying pan with mint. Add enough water to provide steam when heated. Lay washed and dried fish on the bed of mint and poach until done about 10 minutes. Serve cold with lemon wedges. Lovely for a special lunch. Serves 4.

Ursula Evans
Melissa '84

Newfoundland Fish And Brewis

It is pronounced 'brooze' as in ' he brews'.

This is a very typical Newfoundland recipe passed down from the days not so long ago, when its men spent all their days in open boats and the women laboured on shore at the fishery.

1 lb. salt codfish

3-4 cakes of hard bread

1/4 lb. salt fat back pork (cut into small pieces)

1 onion

1/8 tsp pepper

Water salt cod fish for 12 to 14 hours depending on thickness. Pour off water, then cook fish in new water, bringing to boil. Simmer ten minutes. Drain off water, remove skin and bones and flake the fish. Soak the hard bread until it can be cut with knife. Bring just to the boil, drain and chop finely. Fry fat back pork until all fat is rendered out and the 'scrunchions' (the small pieces left from the rendering) are crisp, and brown. Remove them and keep them warm. Fry out onion in the fat or any other oil if preferred. Combined flaked fish with the chopped cooked hard bread until all is fine then toss lightly with the fat (or oil) and the onions and scrunchions. Serve hot by heating in open skillet, turning often, but do not pack down.

Tim Manning '88

Poisson à la nage

(Belgique)

1l d'eau

arêtes de poisson

1 c. à soupe de graines de fenouil

bouquet garni (persil, thym, laurier)

1/2 l de vin blanc

2 poireaux, 2 carottes

un peu de céleri

4 petits oignons

20 gr de beurre

un peu de citron

150 gr de poisson bien ferme (turbot, lotte, sole....)

sel, poivre, 1 jus de citron

1 jaune d'oeuf

Faire bouillir 1 litre d'eau avec les arêtes de poisson, les graines de fenouil et un tout petit bouquet garni.

Après 1/2 h de cuisson modérée, retirer les arêtes de poisson.

Ajouter le vin blanc, les poireaux, le céleri et les petits oignons.

Faire bouillir 20 minutes. Quand les légumes sont cuits, placer les morceaux de poisson. Vérifier la cuisson du poisson après 15 minutes. Saler, poivrer. Retirer le poisson, le mettre sur le plat. Mettre un jaune d'oeuf pour lier le jus de cuisson, le beurre. Selon le goût, ajouter le jus de citron.

Famille Michel

BCS '88-'89

Salmon Croquettes

1 can salmon
1 cup rolled crackers
1/2 cup milk
salt and pepper
1 heaping tbsp flour
1-2 eggs

Drain salmon. Reserve liquid. Flake salmon and mix with crackers. Add salmon liquid, milk, salt, pepper and flour with the salmon and crackers mixture. Shape into balls or rolls. (Add more crackers if needed.) Dip in beaten eggs, then roll in cracker crumbs and fry in hot lard.

F. Lapointe
Linen Room

Salmon Loaf

1 egg
1/2 cup mayonnaise (salad dressing)
1 can celery soup
1/2 cup chopped onion
1/2 cup green pepper
1 tbsp lemon juice
1 tsp salt
2 cups flaked salmon
1 cup fine bread crumbs

Mix all ingredients well. Add salmon and bread crumbs last.
Put in greased loaf pan (8 x 4) and bake at 350°F for 1 hour.

Joan Bishop
Jeff '89

Salmon Quiche

1- 7 3/4 oz. can salmon, drained and flaked, reserve liquid

3 eggs

1 1/4 cup milk

1/4 tsp salt

dash of pepper

1 cup grated cheese, Swiss or Mozzarella

1 small onion, finely chopped

1/2 cup broccoli (optional)

1- 9 inch pie crust shell, brushed with egg white

Beat eggs; stir in milk, salt, pepper and reserved salmon liquid.

Sprinkle 1/2 of cheese and 1/2 of onion on pie shell; arrange broccoli and salmon flakes over top; sprinkle remaining cheese and onion over it.

Pour over egg mixture and bake at 350°F for 40-45 minutes.

Serves 4-6.

*Susan Sterling
Business Office*

Seafood Casserole

Double recipe of Basic cream sauce

To the sauce add 1/2 cup of cooked seafood per person. Choose whatever you like such as: shrimp, scallops, lobster, crab, cod or turbot. Fold under gently, pour into casserole. In oven toast breadcrumbs that have been dredged in a bit of butter and lemon juice. Sprinkle those over the casseroles, grate a bit of cheese on top and bake at 325°F till heated through. May be made in advance and frozen.

*Ursula Evans
Kenneth '87*

Basic Cream Sauce

2 tbsps butter
2 tbsps flour
1 cup milk
salt and pepper to taste

Melt butter, add flour and stir. Gradually add milk stirring constantly, bring to a boil and season to taste.

Seafood Casserole

2 lbs of one or several of the following:

scallops, lobster, haddock, crab, shrimp, cod.

2 chicken bouillon cubes

6 tbsps butter

6 tbsps flour

1 cup cereal cream

2 egg yolks

1 cup or 1/4 lb. cheddar cheese, grated

1 cup or 4 oz. sliced mushrooms

1 tbsp butter

1/8 tsp Worcestershire sauce

3 cups bread crumbs

2 tbsps butter, melted.

If frozen, thaw fish overnight in refrigerator. Bring 2 cups of water to a boil. Add raw fish and simmer 3 or 4 minutes. Reserve fish and dissolve chicken bouillon cubes in the cooking liquid. Pour into a 2 cup measure including any liquid from canned shellfish. Cut scallops in half if large. Heat butter and stir in the flour, cook several minutes. Gradually beat in the 2 cups of hot liquid. Continue to stir and cook till sauce thickens. Add cheddar cheese, cook and stir till well blended. Remove from heat. Combine egg yolks and cream, beat with a fork and add slowly to the sauce while stirring.

Wash and slice mushrooms; cook in 1 tbsp butter. Add mushrooms, Worcestershire sauce and shellfish to sauce. Add salt if needed. Preheat oven to 450, pour mixture into 1 1/2 quart lightly greased casserole or individual scallop shells. Toss bread crumbs in melted butter and sprinkle over top.

Bake 15 minutes or until breadcrumbs are golden.

Serves 8

Daphne Nelson

English Department

Seafood Fondue

1 clove garlic
150 ml dry white wine
450 g Emmenthal cheese, grated
1 tbsp cornflour
1 tbsp chopped parsley
salt and freshly-ground pepper
1 tbsp dry sherry
100 g peeled prawns
100 g frozen cooked mussels, defrosted
225 g smoked mackerel, flaked
1 tsp lemon juice

Rub the inside of a fondue dish with cut garlic clove. Pour in the wine and heat gently. Toss the cheese and cornflour together and gradually add to the pan, stirring constantly until the cheese has melted. Add the parsley, seasoning and sherry and cook until the fondue has thickened. Stir in the prawns, mussels and mackerel, then add the lemon juice and reheat gently. Serves 4.

Susan Sterling
Business Office

Shrimp à la Curry

**4 tbsps butter
6 tbsps tomato soup or tomato sauce
1/2 tsp Worcestershire sauce
1/4 tsp tabasco sauce
1/4 tsp dry mustard
1/2 tsp curry
1/8-1/4 tsp cayenne pepper
salt and pepper**

Heat the above ingredients in double boiler and add to this 2 cups of table cream heated and thickened with 1 tsp corn-starch. Just before serving add 2 tbsps of Sherry and cooked shrimp. Adjust amounts to number of people being served. Serve over rice or noodles.

*Carolyn Jones
Gregory '96*

Shrimp Rice Salad

10 oz frozen peas, cooked and cooled
1 cup raw rice, cooked and cooled
9 oz shrimp
1 1/2 cups celery, chopped
1/2 cup onion, chopped

Dressing

1/2 cup oil
3 tbsps white vinegar
3 tbsps soya sauce
1/2 tsp salt
1/2 cup white sugar
1 tsp curry

Combine first five ingredients. Add dressing. Mix and chill.
May be sprinkled with chopped almonds at serving time.

Glenna Speck
BCS Linen Room

Tuna Crunch Salad

1 medium size can tuna (preferably white)
4 1/2 tbsps chopped dill pickle
1 1/2 tbsps minced onion
1 cup salad dressing or mayonnaise
1 1/2 tbsps lemon juice

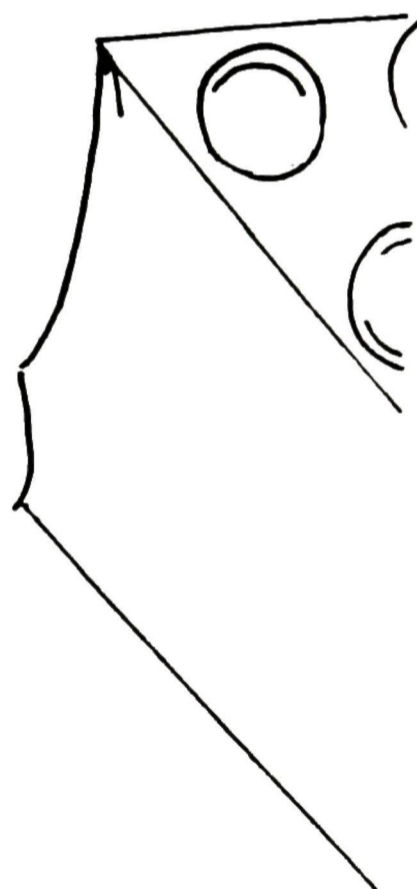
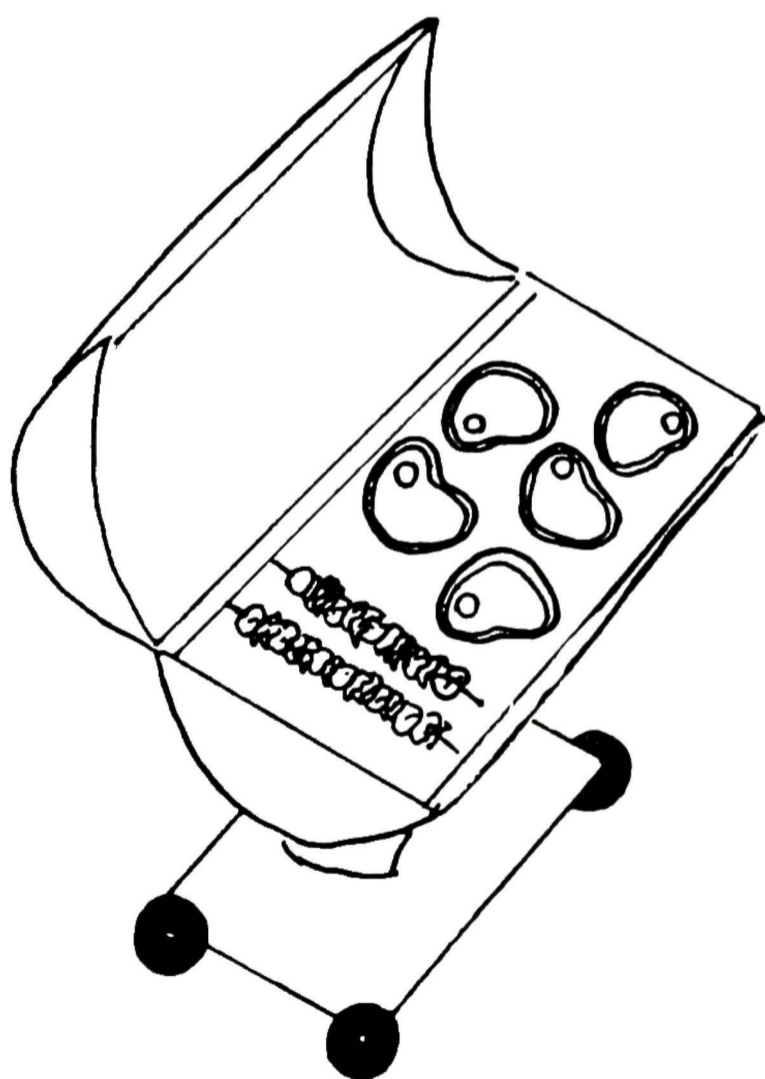
1 1/2 cups shredded cabbage
1 large bag potato chips
tomato wedges

Combine first 5 ingredients and chill in covered dish.
When ready to serve, add cabbage and toss together. Add part of potato chips and mix. Heap in salad bowl, sprinkle with remaining chips and garnish with tomato wedges.
Devilled eggs complement this salad well.

Glenna Speck
BCS Linen Room

Meats -

Poultry



Beef Stroganoff

**2 lbs filet of beef
4 tbsps butter
1 cup chopped onion
1 clove garlic
1/2 lb mushrooms
3 tbsps flour
2 tsps beef Bovril
1 tbsp ketchup
1/2 tsp salt
1/8 tsp pepper
10 oz. can beef bouillon
1/4 cup dry white wine
1/4 tsp dried dill
1 cup sour cream
rice
fresh dill or parsley**

Cut meat into 1/2 inch strips. Sear meat quickly on all sides in 1 tbsp butter. Reserve. In 3 tbsps butter sauté onions, garlic and mushrooms - about 5 minutes. Remove from heat. Add flour, Bovril, ketchup, salt and pepper. Stir until smooth. Gradually add bouillon. Bring to boiling, stirring. Simmer for 5 minutes. Over low heat add wine, dill, sour cream. Add beef and simmer till warmed through. Add dill or parsley and serve over rice.
Serves 8.

*Ann Cameron Mitchell
KHC '53*

Isle of Eriska



Rib Roast of Beef
Yorkshire Pudding
Horseradish Sauce

1 rib roast 4-5 lbs

Season well with salt and freshly ground black pepper. Cook in hot oven, gas 5, for the first 30 minutes. Turn oven down to gas 2 for the remaining time. 15 minutes per pound.

* for electric temperatures see conversion table at back of book.

Yorkshire Pudding:

4 oz. plain flour

2 eggs

1/2 pint milk

1 dessertspoon oil

salt and pepper

Mix ingredients together. Beat well. Leave in fridge overnight. Beat again. Pour into tins which have hot fat from roast. Cook in hot oven gas 6 for 20-25 minutes.

Horseradish:

1 root horseradish

1/2 pint cream

juice of 1 lemon

2 tsps mustard

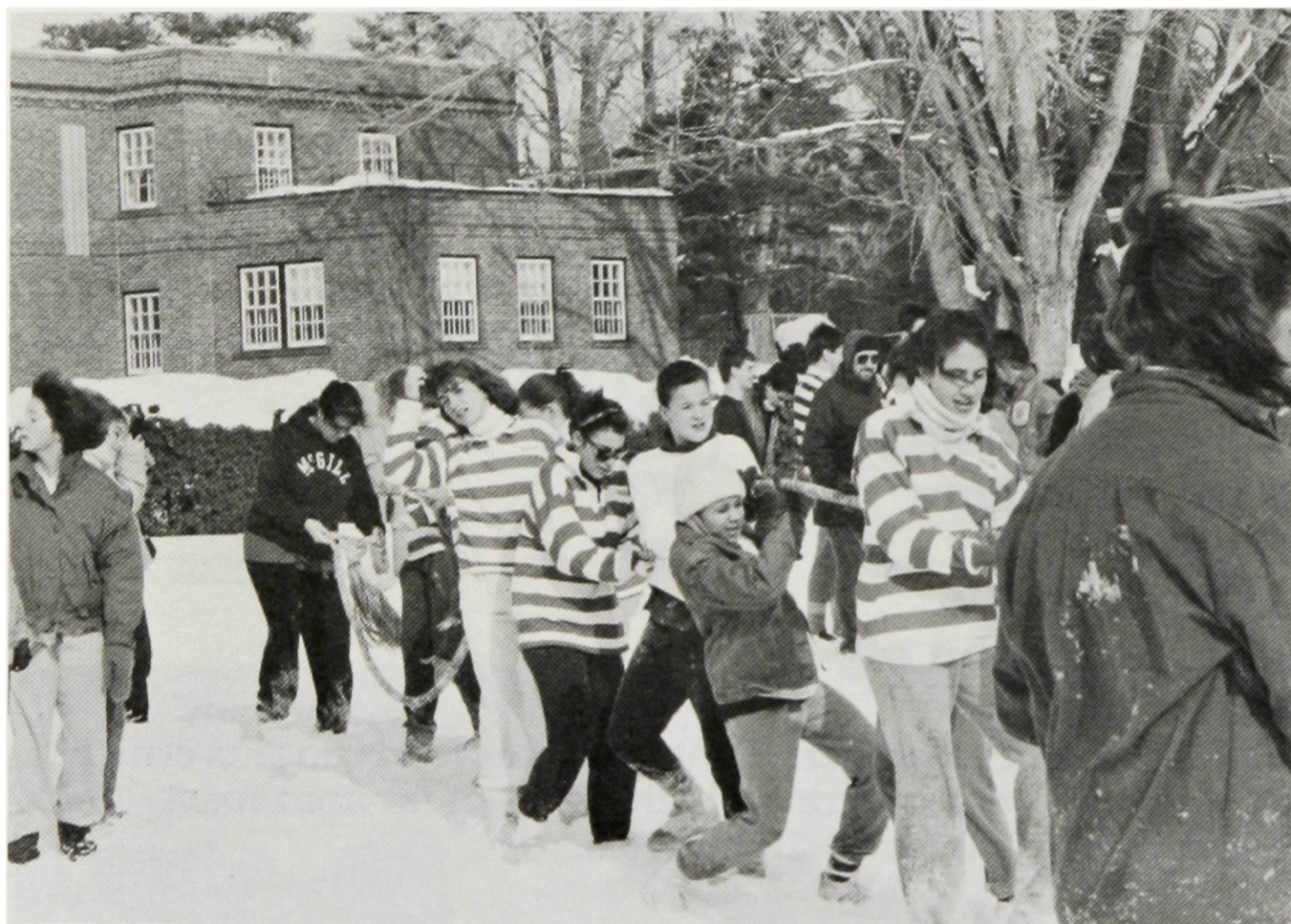
salt and pepper

Grate horseradish finely. Beat cream until thick, add mustard powder, seasoning and the juice of the lemon. Fold in the grated horseradish. Leave 24 hours to let the taste through.

Chay Buchanan-Smith
Loretto School, Scotland

This delicious meal can be found on the menu of the beautiful Isle of Eriska, a hotel operated by Chay's parents.

Working up an Appetite



Rich Beef Stew

1/4 cup flour
1 tsp salt
1/8 tsp pepper
1 tbsppaprika
2 lbs stewing beef, cubed
3 medium onions, chopped
3 tsps salt
1/4 tsp pepper
1/8 tsp marjoram
1 clove garlic
2 cups boiling water
2 beef bouillon cubes
6 medium potatoes, quartered
1 small turnip, diced
6 carrots cut in thick slices
1 pint commercial sour cream - optional

Put first 4 ingredients in plastic bag, add beef cubes and toss. Brown meat in large heavy casserole using oil or bacon drippings. Brown onions and garlic. Add salt, pepper, marjoram, bouillon cubes and water. Bring to boil and simmer, covered, 1 1/2- 2 hours. Add water if necessary to prevent sticking. Add potatoes, turnip and carrots and simmer 1/2 hour or till tender. Add cream gradually, stirring constantly, and heat but do not boil or cream will curdle.

Serves 6-8.

Mrs. Ferguson
Julie '89

Spiced Ginger Beef

1/2 lb beef sirloin, sliced 1/2 x 2 inches
6-8 slices ginger root
2 stalks green onion
2 pineapple rings, (for garnish)
3-4 cups oil for deep frying
3 tbsps broth with cornstarch

Beef Marinade:

1 tbsp wine
1 tbsp water
1/2 tsp oil
3/4 tsp cornstarch
1 tsp soy sauce
1/2 egg white
1/4 tsp garlic powder
1/4 tsp five spice powder
1/2 tsp ginger juice

Marinate beef for 2-4 hours.

Heat oil with 3-4 pieces of ginger in wok to near smoking point. Reduce heat to medium and deep-fry marinated beef for 2-1/2 to 3-1/2 minutes until brown. Drain well and let cool. Then deep-fry beef again over medium heat for an additional 1-2 minutes and drain well. Set aside. Remove oil from wok. Heat 1 tsp oil. Add remaining 3-4 slices of ginger in same wok and stir for 30 seconds. Return fried beef and stir for another minute. Thicken with broth , garnish with pineapple rings and serve.

Susan Sterling
Business Office

Steak Salad

2 lbs boneless sirloin, 2 inches thick
salt and freshly ground pepper to taste
1/2 lb sliced mushrooms
6 shallots, sliced
1 14 oz can hearts of palm, drained and sliced 1/4-1/2" thick
2 tbsps chopped chives
2 tbsps chopped parsley
2 tbsps chopped fresh dill

Mustard vinaigrette:

1 egg beaten
1/3 cup best quality olive oil
2 tpsps Dijon mustard
1 1/2 tsp fresh lemon juice
3 tbsps tarragon vinegar
1 tsp Worcestershire sauce
1 tsp salt
1/4 tsp ground black pepper
dash of Tabasco sauce

Combine mustard vinaigrette ingredients and blend well. Season steak with salt and pepper. Broil steak to desired doneness -medium rare or rare is best. Cool and slice thinly into bite-size pieces. Combine steak, mushrooms, shallots, hearts of palm and herbs. Toss gently. Pour mustard vinaigrette over salad and refrigerate overnight. The marinade will continue to cook the meat. Serve with romaine lettuce, fresh tomatoes, sugar snap peas. Marvelous for a gala picnic.
Serves 8-10.

Shirley Harrison Stoker
KHC '46

Roulades de jambon aux poireaux

4 beaux poireaux
8 tranches de jambon de Virginie
3 c. à soupe de beurre
3 c. à soupe de farine tout usage
2 tasses de lait
une pincée de muscade
1/2 tasse de gruyère râpé
1/2 tasse de parmesan râpé
sel et poivre
1 plat beurré allant au four

A l'aide d'un couteau, débarasser les poireaux de la majorité de leurs feuilles et de leurs racines et ne conserver que la partie verte des feuilles qui est tendre. Sous le robinet, laver les poireaux à l'eau froide et bien dégager la terre qui se loge parfois entre les feuilles. Puis, égoutter les poireaux sur un papier absorbant. Couper les poireaux en tronçons d'environ 4 pouces de long. Réserver.

Préchauffer le four à 350°F.

Dans une casserole d'eau bouillante salée, cuire les tronçons de poireaux à feu vif 5 à 6 minutes. Après ce temps, égoutter les poireaux sur un papier absorbant et recouvrir chaque tronçon de poireau d'une tranche de jambon de Virginie. Puis déposer les roulades obtenues dans le plat beurré allant au four. Réserver.

Faire une sauce béchamel comme suit. Dans un poêlon, faire fondre le beurre à feu moyen, ajouter alors la farine peu à peu, et bien battre à l'aide d'un fouet afin d'éviter la formation de grumeaux.

Ajouter du sel, du poivre et la muscade et verser le lait lentement sans cesser de battre.

Quand le mélange commence à épaissir, ajouter le gruyère râpé. Laisser fondre tout en remuant constamment. Puis, retirer du feu. Verser la sauce béchamel obtenue sur les roulades de jam-

bon réservées. Saupoudrer de parmesan râpé et cuire dans le four préchauffé à 350° F. pendant environ 20 minutes, ou jusqu'à ce que la surface des roulades de jambon soit dorée. Servir.

P.S. Les poireaux peuvent être remplacés par des endives .

Régine Mesnil
Professeur BCS



Barbecue Butterfly Leg of Lamb

2 small legs of lamb - boned and butterflied
1 cup dry red wine
1 cup beef stock
2 tbsps orange marmalade
2 tbsps wine vinegar
1 tbsp minced onion
1 tbsp rosemary
1 tbsp marjoram
1 large bay leaf, crumbled
1 tsp salt
1/2 tsp ginger

Combine all ingredients to make a marinade for the lamb. Simmer marinade for 20 minutes, stirring occasionally. Cool. Two hours before cooking lamb, pour marinade over lamb. Turn frequently. Cook the lamb over charcoal about 40 minutes, basting and turning often.

Serves 8.

Shirley Harrison Stoker
KHC '46

Navarin d'agneau

1 kg d'épaule de mouton
6 oignons
6 pommes de terre
1 botte de navets
1 botte de carottes
3 tomates
2 c. à soupe de farine
500 gr de petits pois
100 gr de lard
50 gr de beurre
1 bouquet garni
3 blancs de poireaux
sel et poivre

Couper la viande en carrés et faire rissoler dans une cocotte contenant du beurre. Ajouter le lard coupé en lardons. Après coloration, retirer les viandes et ajouter la farine. Laisser brunir et mouiller avec trois verres d'eau. Saler, poivrer et ajouter le bouquet garni.

Au premier bouillon, remplir la cocotte avec les légumes, les viandes et mélanger le tout. Rectifier l'assaisonnement, couvrir et laisser mijoter.

Famille Michel
BCS '88-'89

Lapin à la Brévent

1 lapin
50 gr de beurre
30 petits oignons blancs
3 gros oignons
1 c. à soupe de sucre en poudre
1 c. à soupe de farine
250 gr de champignons
2 dl de crème fraîche
1/3 de litre de cidre
3 cl de calvados ou cognac
1 c. à soupe de purée de tomates
ail, bouquet garni
sel, poivre

Piquer avec l'ail chaque morceau de lapin, saler, poivrer, faire roussir au beurre, arroser de calvados et flamber. Ajouter les trois oignons, saupoudrer de farine. Ajouter le cidre, la purée de tomates, le bouquet garni, mélanger. Couvrir et laisser mijoter. Cuire les champignons au beurre. Glacer les petits oignons. Mettre le lapin sur le plat de service chaud. Ajouter à la sauce, les champignons, la crème fraîche, rectifier l'assaisonnement et décorer avec les petits oignons glacés.

Famille Michel

BCS '88-'89

Pâté de lapin

1 lapin

800 gr. de veau maigre

400 gr. de filet de porc maigre

2 cuillères à soupe d'huile d'olive

poivre en grain, sel fin, ail, romarin

thym, basilic, cognac

Hacher les trois viandes avec 5 gousses d'ail. Ajouter 3 cuillères à thé de sel fin (goûter avec la langue après avoir mélangé pour voir si c'est assez salé). Ajouter 2 cuillères à thé de poivre en grain, 1 bonne pincée de romarin en brins, 1 bonne pincée de thym sec, 1 cuillère à thé de basilic en poudre ou quelques petites feuilles fraîches hachées menu.

Bien mêler le tout - le tasser dans une terrine à pâté - faire un trou au milieu en enfonçant le pouce de toute sa longueur et remplir ce trou de cognac. Fermer la terrine soigneusement et la poser dans un plat allant au four que l'on aura rempli au tiers d'eau.

Enfourner dans le four chaud et surveiller de temps en temps la hauteur de l'eau afin que la terrine ne soit pas à sec dans le plat. Réduire la chaleur du four au bout d'une 1/2 heure et laisser cuire encore pendant 3/4 d'heure à peu près à une bonne chaleur sans excès.

Quand le pâté est cuit, le sortir du four et retirer tout de suite le couvercle afin de pouvoir poser un poids directement sur le pâté, la graisse étant ainsi chassée sur les côtés et le dessus, ce qui a l'avantage de rendre le pâté plus léger d'une part et d'assurer d'autre part, sa bonne conservation pendant plus longtemps (au froid naturellement).

Autant que possible, le préparer 2 jours avant de servir.

Famille Grenon

BCS '87-'88

Barbecued Pork Chops

8 lean pork chops
1/2 cup ketchup
1 tsp salt
1 tsp celery salt
1/2 tsp nutmeg
1/3 cup vinegar
1 cup water
1 bay leaf

Brown chops in hot fat, pour the combined remaining ingredients over the chops. Cover and bake in 325° oven for 1 1/2 hours or more.

Serves 8.

Jean Millward Cruickshank
KHC '55

Brochette of Pork

1/4 cup soy sauce
1/2 cup water
1/4 cup honey
2 tbsps red-wine vinegar
1 tbsp finely chopped garlic
1 tbsp freshly grated ginger
salt to taste
1 tsp paprika
2 1/2 lbs. boneless loin of pork
oil for brushing pork
1 tbsp lemon juice
4 tbsps butter
1 tbsp chopped fresh coriander, optional

In mixing bowl combine soy sauce, water, honey, vinegar, garlic, ginger, salt and paprika. If wooden skewers are to be used, soak in water. Cut pork into 1/2 inch cubes and put into soy sauce mixture, cover. Let stand briefly or until ready to cook. Preheat grill or broil meat under broiler, preheated to moderate. Drain pork, but reserve marinade. Arrange cubes on 8 skewers. Brush meat with oil. Place skewers on grill or under broiler. Cook, brushing with reserved marinade and turning often so meat cooks evenly, about 15 minutes or till cooked. In small saucepan combine 1/4 cup marinade, lemon juice, butter and coriander. Heat thoroughly and spoon onto meat and serve hot.

Serves 8.

Gillian Yanow
Adam ' 88

Speedy Kabobs

**1/2 cup vegetable oil
1/4 cup wine vinegar
1/4 cup soya sauce
2 cloves garlic
2 tsps finely chopped fresh parsley
1/4 tsp marjoram
1 lb pork tenderloin
green pepper, cut in wedges
red or yellow pepper, cut in wedges
whole cherry tomatoes
1 can drained artichoke hearts, halved
mushroom caps**

Make the marinade with the first 7 ingredients. Pour over pork that has been cubed. Leave for 30 minutes at room temperature or refrigerate for several hours.

Thread wooden skewers (available at most grocery stores) with the meat and vegetables- alternate as you wish. Arrange on meat rack, about 6 at a time. Microwave **high** for 2 minutes. Re-arrange meat - inside skewers to the outside- microwave **high** for 2-4 minutes. The skewers may be prepared ahead of time and refrigerated. The remainder of the marinade may be heated on **high** for 2 minutes and served over the kabobs. It is nice served with rice.

*Adrienne Peacock
Kevin '89*

Rôti de veau.

**1 tasse d'oignons hachés
3 gousses d'ail
1 jus de citron
1 tasse de vin blanc
1 c. à thé de sel
1 c. à thé de sucre
1 c. à thé de sauce Worcestershire
1 c. à thé de cari
1/2 c. à thé de poivre
1 c. à thé d' oregano
1 c. à thé de basilic
1 c. à thé de thym
2 c. à thé de moutarde
2 c. à thé de marjolaine
2 c. à thé d'estragon
2 feuilles de laurier
1/4 de tasse de lait Carnation ou crème, gras de
bacon et huile (margarine)**

Rouler le rôti dans les épices, et faire revenir ensuite dans le gras de bacon, ajouter oignons, ail et vin . Cuire au " presto " 35 minutes. Couler le bouillon, ajouter les champignons, mettre 2 c. à soupe de fécule de maïs en dernier lieu et ajouter le lait ou la crème.

*Mme Fortier
Patrick '91*

Fried Meat Balls - Keftethes

Lebanon

**2 cups minced beef
2 cups soft (moist) breadcrumbs
2 eggs
1 cup chopped onions
3 tbsps chopped parsley and mint leaves
1 tbsp salt
1/2 tbsp pepper
1 cup flour
1 cup oil for frying**

Fry onions with 1 tbsp butter or oil until golden. Remove to a bowl and add meat and all other ingredients. Mix well with your hands. Roll meat into balls about the size of an egg and roll lightly in flour. Fry in hot oil until brown. Serve with salad or vegetables.

*Kalliroi Elias
Demetra '92*

Hawaiian Meat Loaf

2 lbs. medium ground beef
2 eggs
1 14 oz. can crushed pineapple
1/4 cup catsup or tomato sauce
2 tbsps brown sugar
1 1/2 tbsp soy sauce
2 tsp prepared mustard
1/4 tsp garlic salt
black pepper
1 onion
1 cup dry whole-wheat bread-crumbs
slices of pineapple and sprigs of parsley, for garnish

In a large bowl, whisk eggs. Drain pineapple well and add, along with catsup, sugar, soy sauce, mustard, garlic salt, chopped onion, and bread-crumbs. Work in meat with a fork or your hands. Press into 1 large or 2 small greased loaf pans. Cover loosely with foil and bake at 350°F for 1 hour. Remove foil and pour off any accumulated fat. Continue baking for 30 to 40 minutes longer (less time if you have 2 small pans). Let sit 5 minutes before turning out onto serving platter. Garnish with slices of pineapple and sprigs of parsley.

Serves 6.

Ann McNally Budge
KHC '54

Porcupine Meat Balls

1 1/2 lbs ground beef
1/2 cup rice (uncooked)
1 tsp salt
1/2 tsp pepper
1 medium onion, chopped
1 small can tomato soup mixed with 1/2 tin water

Mix all dry ingredients. Form small balls. Place in covered casserole and cover with sauce. Bake in 350°F oven for 1 hour. Optional: Add 1 cup grated cheese and bake uncovered for the last 10 minutes.

Ann Cameron Mitchell
KHC '53

Saxapash

A family favourite from the South

**1 lb ground beef
1 tsp salt
1 tsp sugar
garlic salt
16 oz. can tomato sauce
1 cup sour cream
13 oz. package cream cheese
6 spring onions
8 oz. noodles**

Simmer for 20 minutes: beef, spices, tomato sauce. Chop onions, mix with sour cream and cheese. Cook noodles. Butter casserole dish and layer noodles, cheese mixture and then beef mixture. Top with grated cheese and bake at 350 for 30 minutes.

*Mary Cape
KHC '63*

Tourtières

**3 lbs veal and pork (minced)
3/4 cup chicken broth
2 medium onions chopped fine
garlic (3 cloves)
1 tsp allspice
1/2 tsp pepper
1 tbsp salt
1 tsp clove (or nutmeg,mace,cayenne,celery salt)
pastry shell and cover**

Sauté onion, meat and spices. Fill with chicken broth 3/4 way up the sides of the pan for 1/2 hour cooking. Put in pastry shell and cover. Bake at 425°F for 10 minutes, 375°F for 1/2 hour. Serve with chutney and beef gravy.

*Jean Millward Cruickshank
KHC '55*



Brandied Chicken Breasts

6 whole chicken breasts, small

1 1/2 cups brandy

1 tsp salt

1/2 tsp pepper

1 tsp tarragon

4 tbsps butter

8 oz. Gruyère cheese

6 egg yolks

1 cup light cream

salt, pepper, nutmeg

Soak chicken breasts, split in half, in brandy, salt, pepper, tarragon in large shallow baking pan for 15 minutes.

Remove chicken from brandy and sauté, turning occasionally, in 2 tbsps butter in each of two large frying pans for 15 minutes. Reserve brandy.

Preheat oven to 350°F.

Grate cheese and set aside.

Remove chicken to covered baking dish. Reserve juices in pan. Add to the juices the brandy and cook over medium flame until brandy is 2/3 evaporated. Stir so that residue in pan combines with brandy.

While brandy is cooking down, place 6 egg yolks in small bowl and set aside.

Slowly add to pan 1 cup light cream. Turn off heat under pan and stir in egg yolks. Season to taste with salt, pepper and nutmeg.

Pour sauce over chicken, top with grated cheese, cover and bake in oven for 20-25 minutes until ready to serve.

Gillian Rowan-Legg Booth
KHC '61

Chicken!

6 chicken breasts, boned and skinned
6 tbsps butter
1 large onion, diced
8 slices of bacon, diced finely
2 tbsps flour
1 tbsp curry
1 cup condensed beef broth
1/4 cup orange marmalade
2 tbsps catsup
2 tbsps lemon juice

Melt 2 tbsps butter, dip and cover pieces of chicken with butter. Remove to baking dish. Fry bacon, drain. In remaining 4 tbsps butter, brown onions. Gradually add flour, stirring till smooth. Add remaining ingredients. Simmer 15 minutes. Put half of this sauce on the chicken and bake at 400°F for 20 minutes. Add remaining sauce and bake another 20 minutes. Turn off oven and let sit 10 minutes. Serve with rice.
Serves 6.

Ann Cameron Mitchell
KHC '53

Chicken Almond Crêpes

Filling:

2 tbsps butter
2 tbsps minced onion
2 tbsps flour
1 1/2 cup light cream
1 1/2 - 2 cups chopped cooked chicken
1/4 cup sherry
1/4 cup Parmesan cheese
1/4 cup grated Swiss cheese (added to sauce)
1/4 cup almonds, sliced
salt and pepper to taste

Make 12-16 crêpes - see **Crêpes** recipe

Filling:

Melt butter, sauté onions and add flour. Gradually add cream. Cook until thickened. Add chicken and sherry to half the sauce. Spread 1 heaping tbsp on each crêpe, roll up. Cover crêpes with remaining sauce and sprinkle with Parmesan cheese and sliced almonds. Bake in 450°F oven till brown, 10-15 minutes.

Ann Cameron Mitchell
KHC '53

Chicken Broccoli Casserole

1 large chicken, boiled or 2-3 breasts
1 large head broccoli
1 large (or 2 small) cans cream of mushroom soup
1 large or small can cream of chicken soup
1 cup salad dressing (any kind)
1 tbsp lemon juice
1 can mushrooms (optional)
bread crumbs
1/2 cup Mozzarella cheese

Cook broccoli 5-7 minutes. Drain and cool. Mix next five ingredients together. Bone and skin chicken and add to above mixture. Add broccoli. Pour into casserole and top with bread crumbs mixed with cheese. Bake at 350°F for 30-40 minutes until bubbly and cheese topping is crisping. This freezes well but should not be oven-baked or have topping added until thawed which takes about 10 hours in fridge. Best served with rice or noodles.

Miss Hewson
Music Department

Chicken Casserole

5 1/2 lb chicken- cooked and cut into cubes
1 green pepper
3 sticks celery
1 small onion
1 jar pimiento
2 tins mushroom soup
1 tin mushrooms
2 tins chinese noodles
1 1/2 cups milk
salt and pepper

Mix well. Place all in casserole. Cover with tin foil. Bake at 325°F for 40-50 minutes. 15 minutes before taking from oven place crushed potato chips on top and brown.

Luella Brady

BCS Matron 1961 - 1986

Chicken-Cheese Rolls

3 large chicken breasts, split and boned
8 oz. whipped cream cheese with chives
1 tbsp butter or margarine, optional
6 slices of lean bacon

Pound chicken breasts between waxed paper to 1/2 inch thickness. Spread each piece of meat with about 3 tbsps cream cheese, dot with butter or margarine if desired. Fold ends over filling and wrap one slice of bacon around each roll. Place, seam side down, in shallow baking pan. Bake at 400°F for 40 minutes or until chicken is tender and the juices run clear when meat is pierced. Some of the cheese mixture will ooze out during cooking. Broil the last few minutes to crisp the bacon. Serve with rice and lots of salad.

This may be made ahead of time and refrigerated and then baked just before serving.

Serves 6.

From "Woman's Day".

Lisa Johnson
Mark '82

Chicken Dauphinoise

2 lbs potatoes
6 whole chicken breasts, skinned and boned
2 level tsps seasoned flour
2 oz. butter
1 level tsp fresh chopped tarragon or 1/2 tsp dried
1 cup heavy cream
1 large clove garlic, crushed
tarragon sprigs

Thinly slice potatoes and boil in salted water 2-3 minutes, drain well.

Cut chicken into large pieces, coat in seasoned flour. Melt butter in large pan with tarragon. Sauté chicken 2-3 minutes till lightly browned. Remove and drain well. Reserve butter. Arrange chicken and potatoes in overlapping layers in shallow ovenproof dish. Season cream with salt and pepper and crushed garlic. Spoon over chicken and potatoes and cook uncovered at 325°F for 1 hour and 15 minutes. Brush melted butter over potatoes and lightly brown under hot grill.

Joan M. Jack
Loretto School

International Dinner



Chicken Tempura

Japan

10 oz. of chicken breast, skinned and boned
4 large scallions, trimmed (white part only)
2 green peppers
1 egg
1/2 cup water
3/4 cup sifted flour
salt
vegetable oil

Cut the chicken into 1 inch long cubes. Cut the scallions into 1 inch long slices. Cut the green pepper into square inch cubes. On the end of bamboo skewers alternately thread chicken, scallion, and green pepper. Sprinkle with salt. Break the egg into a bowl and stir with a chopstick until well blended. Add the water to the egg and mix. Sift the flour into the egg and mix lightly into a batter. Heat 2-3 inches of oil in a pan. Dip the skewers in the batter, coating the chicken and scallion pieces thoroughly. Drop them into the oil and cook for 4-5 minutes or until they are light brown. Turn once. Drain the skewers on some paper.

Julie Guenkel '89

Club Chicken Casserole

**1/4 cup butter
1/4 cup flour
1 cup chicken broth
1 2/3 cups evaporated milk
1/2 cup water
1 1/2 tsp salt
3 cups cooked rice
2 1/2 cups cooked chicken
10 oz. mushrooms
1 1/3 cups chopped green pepper
1/4 cup pimiento**

In saucepan, melt butter, blend in flour. Add broth, milk and water. Cook over low heat and stir until thick. Add salt, rice, chicken and vegetables. Pour into casserole. Bake at 350°F for 35 minutes.

Serves 8.

*Pam Bertram
Gregor '89*

Curried Chicken Salad

3 cups diced cooked chicken
1 cup drained pineapple tidbits or dried apricots
1/2 cup walnut halves or slivered almonds
6 green onions
1/4 cup raisins
1/2 cup green seedless grapes

If using apricots, cut them into quarters. Slice green onions and cut grapes in half. Lightly toast walnuts or almonds. Combine chicken, fruit, nuts, and onions.

Dressing

1/4 cup mayonnaise
1 cup plain yogurt
1/3 cup milk
2 tbsp lemon juice
1 tbsp curry powder (or less to taste)
2 tsps Dijon mustard
1/4 tsp salt

Mix mayonnaise and yogurt with a fork, then add milk and lemon juice. Add seasonings last. Mix well. Toss salad with dressing and serve on lettuce leaves.

Serves 10.

Heather Budge '81

Easy Chicken Casserole

1 can mushroom soup

1 can onion soup

2 cans water

**1 package Uncle Ben's rice (2 cups)-uncooked
chicken legs**

Mix first four ingredients in large greased casserole. Put lots of chicken legs on top. Bake at 350°F for 1 1/2 hours.

Serves 8.

*Jean Millward Cruickshank
KHC ' 55*

Easy "Oven Barbecue" Chicken

1 tsp hot dry mustard
1 tsp salt
1 tsp paprika
1/2 cup oil
1/2 cup orange juice
chicken pieces

Mix above ingredients well and pour over chicken pieces placed in a shallow casserole. Sprinkle lightly with garlic (optional). Bake at 350°F for 1 - 1 1/2 hours, basting a couple of times.

Dorothy Hewson
BCS Music Department

"Hot" Chicken

2 chickens, cut up and skinned
3 tbsps ketchup
3 tbsps vinegar
1 tbsp lemon juice
2 tbsps Worcestershire sauce
2 tbsps butter
4 tbsps water
3 tbsps brown sugar
1 tsp salt
1 tsp paprika
1 tsp chili powder
1 tsp dry mustard
1/2 tsp red pepper

Place chicken pieces in large covered casserole. Over medium heat combine and melt all other ingredients. Pour over chicken, cover and bake in 350° oven for 1-1/2 hours.

Serves 8

Lisa Johnson
Andrew '80

Low-Fat Crunchy Chicken

2 lb. chicken pieces

1/4 tsp salt

1/4 tsp lemon pepper

1/2 tsp sage or savory

1/2 cup plain low-fat yogurt

**bread-crumbs, wheat germ, cornflakes, cornmeal,
or quick-cooking oatmeal**

Remove skin and any fat from chicken pieces. Blend seasonings with yogurt. Dip chicken pieces in yogurt mixture; then roll in bread-crumbs, wheat germ, crushed cornflakes, cornmeal, or quick-cooking oatmeal.

Place on an ungreased baking sheet and bake at 400°F for 40 - 45 minutes or until brown, crispy and tender.

Serves 4. About 230 calories per serving.

*Heather Budge
BCS '81*

Soya Pineapple Chicken

2 whole chicken breasts, split, skinned and boned
2 tbsps oil
2 tbsps soya sauce
1/3 cup flour
1/2 tsp salt
1/4 tsp celery salt
1/4 tsp nutmeg
4 slices canned pineapple, undrained

Coat chicken pieces well with flour, salt, celery salt and nutmeg mixture.

Sauté chicken in oil for 5-7 minutes on each side. Pour on soya sauce and pineapple juice. Add pineapple slices. Cover and simmer 10 minutes or until gravy thickens slightly. Serve chicken topped with pineapple and gravy.

Serves 4.

Kathryn Barlow
Christy '91

Sweet And Sour Chicken

1 bottle (8 oz.) Russian dressing
1 envelope dry onion soup mix
1 jar (10 oz.) apricot preserves
4 whole chicken breasts, split into halves

Combine Russian dressing, onion and apricot preserves.
Place chicken in large well-buttered baking dish. Pour sauce over chicken and bake at 350°F for 1 1/2 hours. Baste twice. Delicious served over rice.
The sauce is also very good for cocktail meatballs.

Nancy Dunn
Amanda '90

Turkey Surprise Casserole

1/4 cup margarine
1/2 cup chopped onions
2 cups chopped celery
2-3 cups cooked chicken (diced or small pieces)
1 can cream of mushroom soup
1 can cream of chicken soup
1/4 cup milk
2 tbsp soya sauce
1-4 oz. tin chow mein noodles
1/2 cup almonds
1/4 cup pimento

Melt margarine, add onion and celery, cook until tender. Mix with chicken, soups, milk, soya sauce, half of the noodles and half of the almonds. Pour into greased 1 1/2 - 2 quart casserole. Cover edges with remaining noodles and almonds. Sprinkle pimento in centre. Bake uncovered at 350°F for 25 - 30 minutes.

Glenna Speck
BCS Linen Room

Canard à l'orange

1 beau canard

3 oranges

50 gr de beurre

1 petit verre de cognac

1 cuillère à soupe de caramel cristallisé

1 cuillère à café de jus de citron

sel, poivre

Faire revenir le canard dans le beurre, arroser de cognac, flamber.

Laver une orange et enlever le zeste, hacher finement (lamelles) et blanchir (5'), éponger et laisser refroidir.

Presser cette orange, saupoudrer le canard avec le caramel, mouiller avec le jus d'orange et le jus de citron, laisser achever la cuisson.

Eplucher 2 oranges à vif (comme des pommes), couper en rondelles, recueillir le jus et l'ajouter au jus de cuisson.

Dresser sur plat de service et entourer avec les rondelles d'oranges, napper avec la sauce, servir bien chaud.

Pour le vin, on conseille un bordeaux rouge.

Famille Michel

BCS '88-'89

Waterzooi à la Gantoise **(Belgique)**

2 poulets de grain
2 blancs de poireaux
1 queue de céleri
4 carottes
4 oignons
1 gousse d'ail
sel, poivre, laurier, thym
persil haché
80 gr. de beurre
2 jaunes d'oeufs
1 jus de citron
40 gr de farine
crème fraîche
1 kg de pommes de terre
200 gr de chair à saucisses

Coupez en morceaux aussi fins que possible les blancs de poireaux, le céleri, les carottes, les oignons. Ajouter l'ail, le persil, le thym, le laurier et mettre le tout dans une casserole avec 50 gr de beurre, laisser cuire à couvert pendant une vingtaine de minutes à feu très doux. Ajouter alors les poulets, mouiller à hauteur de la volaille avec de l'eau chaude, et saler légèrement. Laisser cuire pour obtenir une volaille bien tendre. Pendant ce temps, confectionner des petites boulettes avec la chair à saucisses pétrie dans un peu de farine. Faire cuire ces boulettes dans un peu de bouillon et les garder au chaud.

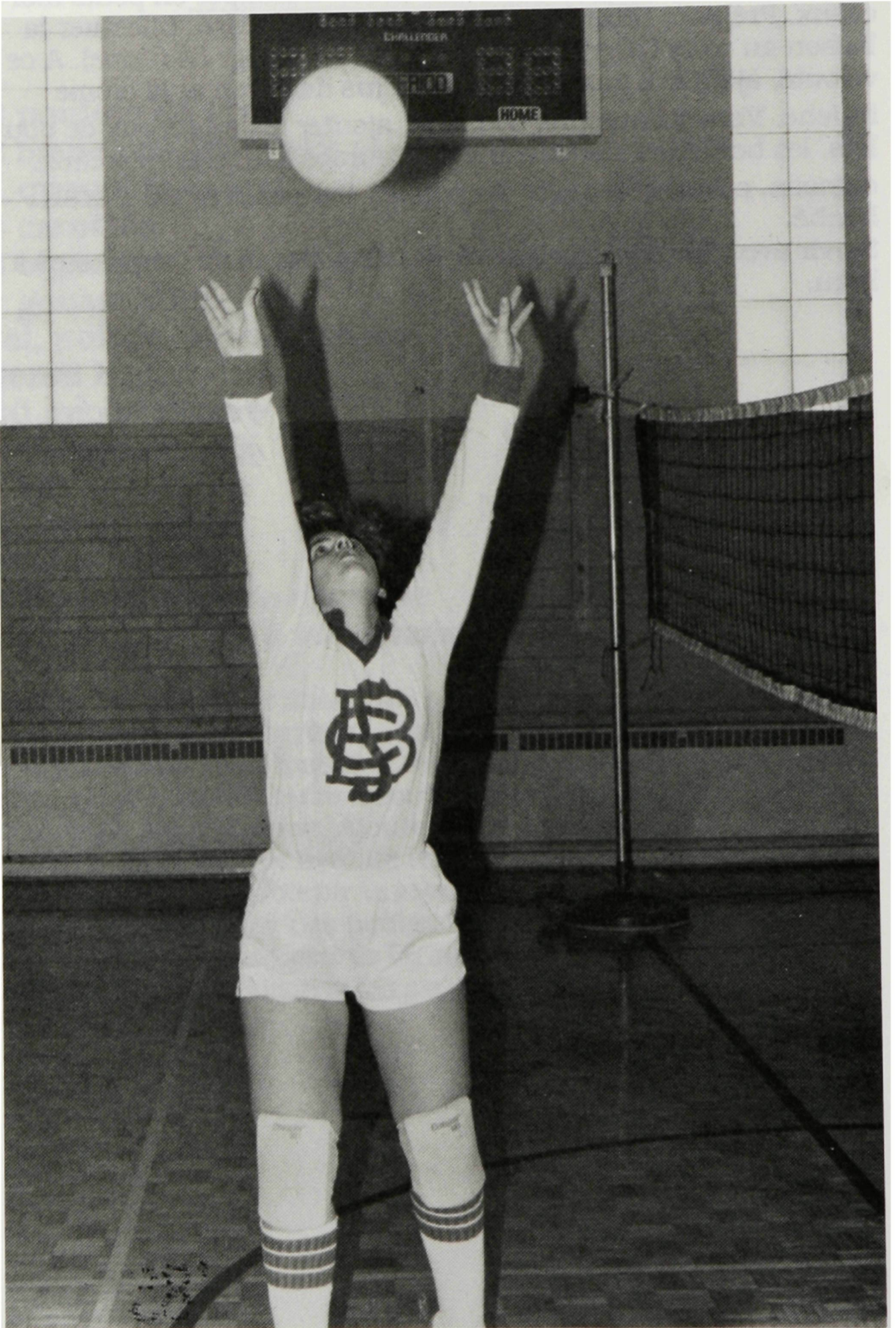
Les poulets étant cuits, les retirer et les découper en petits morceaux. Prélever 1 litre du jus de cuisson dégraissé. Effectuer la liaison au roux (70gr/litre=30gr de beurre/40gr de farine). A ce velouté, ajouter 2 jaunes d'oeufs, le jus de citron et la crème fraîche. Verser dans une soupière, ajouter les morceaux de poulets, les boulettes, la julienne de légumes (carottes, poireaux, oignons, céleri) et le reste du potage. Saupoudrer de persil haché.

Servir avec du pain gris beurré ou des pommes de terre cuites à l'eau.

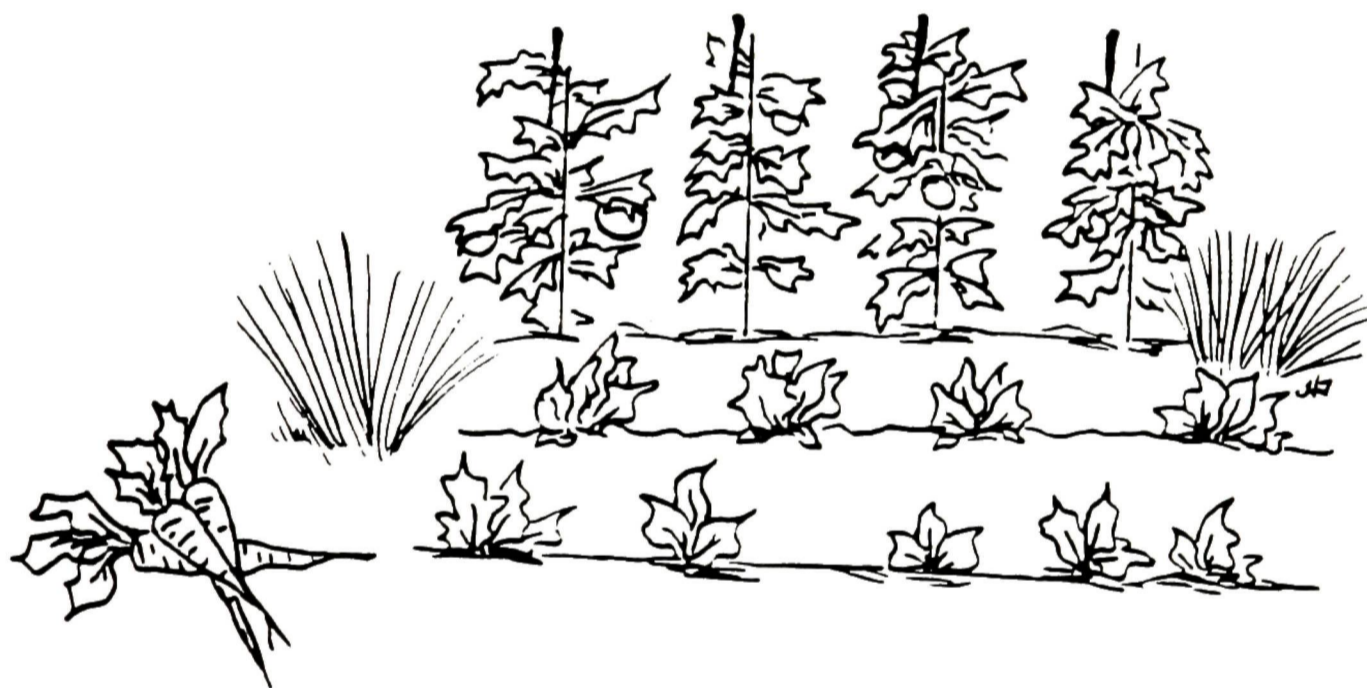
Famille Michel

BCS '88-'89

Reach for the Top



Vegetables - Salads



Courgettes farcies

4 courgettes moyennes
1 c. à table d'huile
1 petit oignon haché fin
1 gousse d'ail émincée
1 lb de boeuf haché
1/2 tasse de pommes hachées
1/4 de tasse de raisins secs
1/4 de tasse d'amandes tranchées
1/2 c. à thé de cumin
1/2 c. à thé d'origan
1/4 c. à thé de cannelle
1 boîte de 5 1/2 onces de pâte de tomates

Trancher les courgettes en deux sur la longueur. Evider les centres. Les faire blanchir dans l'eau bouillante pendant 2 minutes. Les égoutter et les mettre en attente. Faire chauffer l'huile dans une grande poêle. Ajouter l'oignon et l'ail, les faire dorer. Ajouter le boeuf haché et le faire brunir. Egoutter le gras, ajouter le reste des ingrédients et laisser mijoter 15 minutes. Farcir les moitiés de courgettes avec le mélange et les envelopper de papier d'aluminium. Cuire au barbecue environ 15 minutes au-dessus des braises modérément chaudes.

Huguette Talbot
Couturière BCS

French Peas

2 tbsps butter
1/4 head iceberg lettuce broken into large pieces
2 green onions chopped
1 tsp sugar
1/4 tsp pepper
1 small bay leaf
2 12-oz. packets frozen peas
1/4 cup butter
2 tbsps chopped parsley
2 tbsps chopped chives
salt

Heat butter in large heavy skillet and cover bottom with separated lettuce leaves as completely as possible. Sprinkle green onions, sugar, pepper and bay leaf over lettuce. Add peas on top of all. Cover tightly (use foil if you don't have a lid). Cook over high heat shaking pan often about three minutes or until all is hot and peas are just beginning to get tender.

Lift out and discard lettuce pieces and bay leaf. Add 1/4 cup butter, parsley, chives and a sprinkling of salt. Mix all together with a fork and serve immediately.

Serves 6.

Mrs. Ferguson
Julie '89

Green Beans with Croutons

4 cups fresh green beans
2 tbsps vinegar, any flavour
2 tsp liquid honey
1/2-1/3 cup croutons
2-4 tbsps freshly grated Parmesan cheese

Croutons:

dried bread crumbs
1 clove garlic (optional)
vegetable oil

Cut beans into 1 inch pieces and steam until tender-crisp. Grease a shallow baking dish and add beans. Stir in vinegar and drizzle honey over beans. Add croutons and toss. Sprinkle cheese on top. Bake at 450°F for 15 minutes. Place under broiler for a minute or two to brown top.

Make your own croutons by sautéing dried bread cubes in a generous amount of vegetable oil until lightly browned. A garlic flavour may be added by marinating a clove of garlic in the oil for at least an hour before sautéing.

Makes 8 servings.

Ann McNally Budge
KHC '54

Purée d'aubergines **(Liban)**

1 aubergine d'une livre ou plus
2 à 3 gousses d'ail écrasées
1/4 à 1/2 tasse de jus de citron
1/2 tasse de sauce Sésame (Tahiné)
1/4 de tasse d'eau chaude
sel au goût

Cuire l'aubergine dans le B.B.Q. ou sous le gril de votre four jusqu'à cuisson complète.

L'éplucher et la débarasser des graines si nécessaire et bien drainer.

Dans un robot culinaire, mettre l'ail et l'aubergine et les réduire en purée. Ajouter le sel, le citron et la sauce Sésame et bien mélanger.

Ajouter un peu d'eau chaude pour obtenir la consistance voulue. Servir dans un bol et décorer avec du persil haché, des olives noires et un peu de paprika ou cayenne.

Yacout Kandalaft
Nicole '84

Roasted Onions

6 large onions, peeled and cut in quarters
3/4 cup French dressing

Place quartered onions in a shallow baking dish. Cover with dressing and roast at 450°F until well browned. Baste frequently.

Shirley Harrison Stoker
KHC '46

Scalloped Potatoes DeLuxe

**6 cups thinly sliced potatoes (6 medium)
1 small clove garlic minced
1 tsp salt
1/8 tsp pepper
1/4 cup melted butter
1 cup grated Swiss Cheese or Cheddar for every
day
16 oz. can evaporated milk, heated**

Heat oven to 400°F . Butter shallow glass pan approximately 12 x 7 x 2. Spread 1/2 of potatoes in pan. Sprinkle with 1/2 of garlic, salt, pepper, butter and cheese. Spread remaining potatoes on top and repeat the " sprinkling ".
Pour milk over all. Bake about one hour uncovered until milk is absorbed and potatoes are tender and top is well browned.

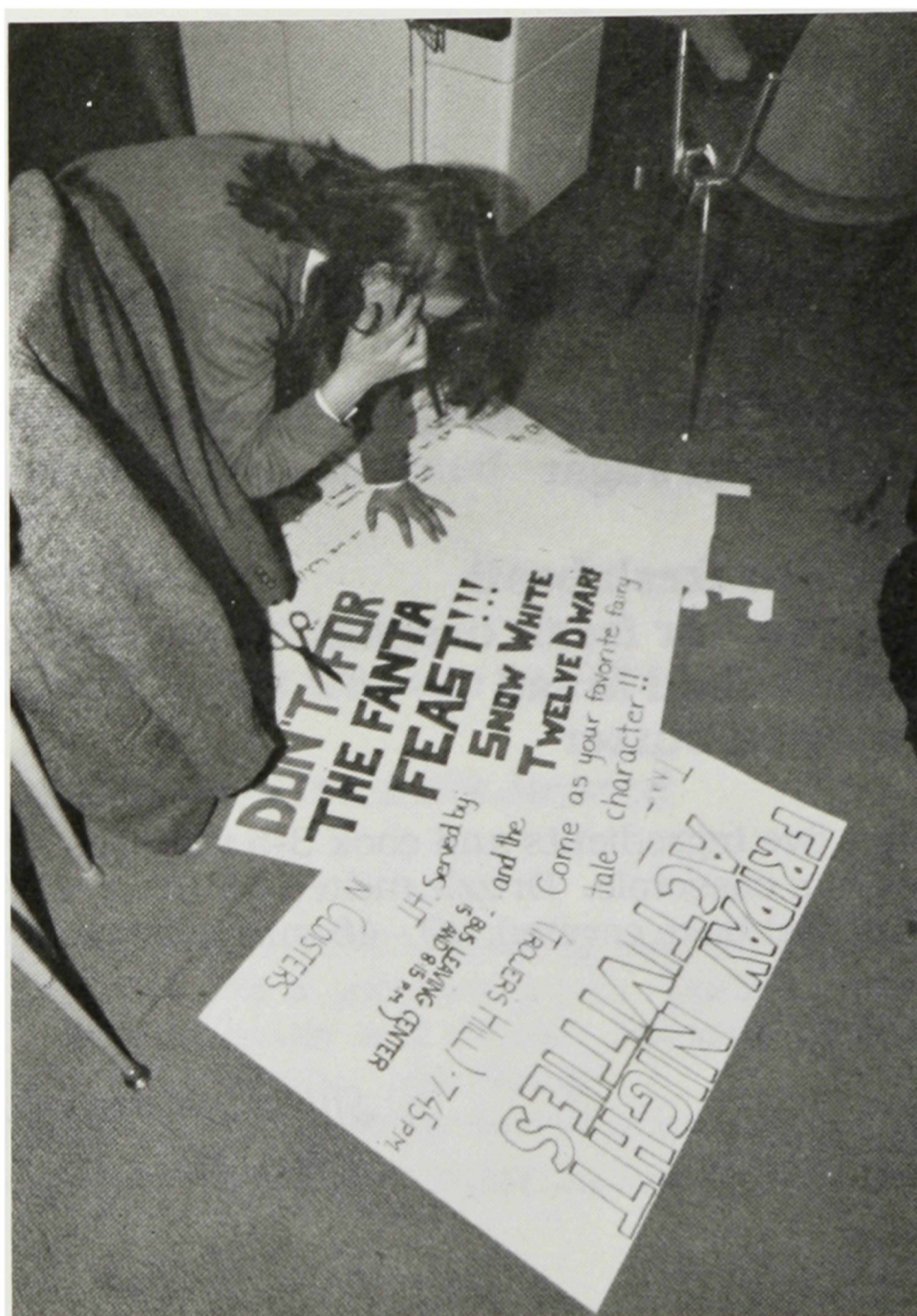
*Mrs. Ferguson
Julie '89*

Tomato Casserole

**1 16 oz. can of tomato purée
1/2 cup of brown sugar
1/2 tsp salt
pinch basil - or fresh basil
pinch oregano - or fresh oregano
2 large cups cubed bread
1/2 cup melted butter**

Combine first five ingredients and cook 3-5 minutes. Place bread cubes in a casserole. Drizzle melted butter over. Add tomato mixture and bake covered, 30 - 40 minutes at 325°F.

*Shirley Harrison Stoker
KHC '46*



Avocado And Orange Salad

Dressing

**2/3 cup salad oil
1/3 cup orange juice
2 tbsps wine vinegar
1 small clove garlic
1 1/2 tbsps grated orange peel
1 1/2 tbsps basil
1 tsp sugar
1/4 tsp salt
pepper to taste**

Salad

**1 1/2 large heads romaine lettuce, torn
1 can (10 oz/284 ml) mandarin oranges, drained
2 avocados, sliced**

Combine dressing ingredients at least one hour before serving.
Shake well. pour over salad and toss lightly.
Serves 8 to 10.

*Ann Cameron Mitchell
KHC '53*

Bean Salad

3 onions, chopped fine
1 green pepper, chopped fine
3 stalks celery cut fine
1 jar pimento

Drain and add to first:

1 can green beans
1 can kidney beans
1 can yellow beans
1 can lima beans
1 can chick peas

Boil:

1 cup vinegar
1 1/2 cups sugar

While hot add :

1/2 cup olive oil or peanut oil

Let cool and add to other ingredients. Better if chilled for a day before serving. Keep well bottled in fridge or any cool place. I sometimes use 1/4 cup sweet pickle vinegar.

Luella Brady
Matron 1961 - 1986

Cabbage Salad

**1 cabbage
6 carrots
peppers**

Dressing

**3/4 cup sugar
1 cup oil
2 cups vinegar**

Shred cabbage and carrots. Chop peppers and mix with shredded cabbage and carrots. Mix dressing in a jar. Shake and leave 24 hours before using. Keeps well.

*Fern Lapointe
Linen Room*

Celery Root And Potato Salad

1 celery root peeled and shredded in food processor

4-6 potatoes, peeled and boiled till just tender

1 cup tarragon vinegar

2 tbsps white sugar

chopped parsley and chopped chives

In saucepan heat vinegar, add sugar and heat until sugar melts.

In another saucepan pour boiling water over shredded celery root and cook for 2 minutes. Drain and freshen in cold water, drain well. Add vinegar mixture to celery root and let stand or refrigerate until you are ready to add to the potatoes.

Cube the cooked potatoes and add chopped parsley and chives.

Drain vinegar from the celery root, add to potatoes and chill.

A little mayonnaise or a good oil and vinegar dressing may be added to this salad.

Shirley Harrison Stoker
KHC '46

Cucumber And Yogourt Salad

1 large cucumber
1 clove of garlic
1/2 tsp salt
1 tbsp dried mint
1 pint plain yogurt

Peel and slice cucumber. Mash garlic with salt, add yogourt and dried mint. Mix with sliced cucumbers. Especially good with baked chicken or turkey.

Eva Scheib
Nick '90

Jello Salad

**2 pkgs lemon jello
1/2 cup grated carrots
2 cups cabbage
1 tablespoon vinegar
pepper or tabasco sauce
1 19 oz. tin drained crushed pineapple**

Make jello according to directions on package. When it starts to thicken, mix in remaining ingredients. Pour into 9" x 13" pan and chill in fridge.

*F. Lapointe
Linen Room*

Potato Salad

6-8 potatoes (cooked)
2-3 hard boiled eggs (chopped)
3-4 dill pickles (chopped)
1/2 - 1 lb bacon (cooked and broken)
1-2 tbsps chives (chopped)
1 cup sour cream
1 cup mayonnaise
1 tbsp lemon juice
salt and pepper

Combine: potatoes, eggs, pickles and bacon.
Combine remaining ingredients and add to potato mixture.
Mix and chill.

Pat Goodwin
BCS Math Department

Salade de blé concassé **Tabbouleh (Liban)**

1 tasse de blé concassé (voir remarque)
3 tasses de persil frais haché
1 tasse de menthe fraîche hachée ou 3 à 4 c. à table de menthe sèche
1/2 tasse de céleri haché
1/2 tasse de poivron vert haché
1 et 1/2 tasse de tomates fraîches hachées
1/2 tasse d'échalottes vertes hachées
1/2 tasse d'oignons hachés
1/2 à 3/4 de tasse d'huile d'olive de bonne qualité
1/2 à 3/4 de tasse de jus de citron
sel et poivre au goût

Mélanger tous les ingrédients de la salade dans un grand bol.
Ajuster l'assaisonnement selon votre goût.
Servir dans une assiette avec des feuilles de laitue.

Remarque

Le Blé concassé ou Bulghur doit être fin pour cette salade. Tremper la tasse de blé concassé dans de l'eau froide pendant 30 à 40 minutes.

Bien drainer tout le liquide.

Yacout Kandalaft
Natalie '86

Salade de concombres et yogourt **(Liban)**

2 concombres

1 c. à thé de sel

2 tasses de yogourt nature

1 gousse d'ail écrasée (facultatif)

1 c. à thé de menthe séchée (facultatif)

1 c. à table d'huile d'olive

Eplucher les concombres, les couper dans le sens de la longueur et avec une petite cuillère, gratter le centre pour enlever les graines. Couper en lamelles minces ou râper les concombres. Les mettre dans un bol avec le sel pendant une à deux heures. Egoutter l'eau de végétation et ajouter le reste des ingrédients. Bien mélanger et servir.

Yacout Kandalaft
Nicole '84

Salade romaine à l'Italienne

1 laitue romaine , lavée et asséchée
8 tranches de bacon bien cuit et émietté
8 anchois hachés
1/2 tasse de vinaigrette au parmesan*
1/2 tasse de croûtons à l'ail
2 c. à soupe de parmesan râpé
sel et poivre

Briser la laitue en morceaux et placer les morceaux dans un bol à salade.

Ajouter les croûtons et le bacon. Saler , poivrer.

Ajouter la vinaigrette et mélanger le tout.

Ajouter les anchois et parsemer le tout de fromage râpé.

Saler et poivrer.

****Vinaigrette au parmesan***

1 c. à soupe de moutarde de dijon
2 c. à soupe de fromage parmesan râpé
1/4 de tasse de vinaigre de vin
2 gousses d'ail, écrasées et hachées
3/4 de tasse d'huile d'olive
2 c. à soupe de crème sure
sel et poivre

Mettre la moutarde dans un bol à mélanger. Ajouter le fromage, saler, poivrer et mélanger le tout. Ajouter le vinaigre et l'ail et mélanger à nouveau.

Ajouter l'huile en filet tout en remuant avec un fouet de cuisine. Corriger l'assaisonnement. Ajouter la crème sure et servir.

Carolyn Jones
Gregory '91

Spinach Salad

**1 pkg of spinach - washed and trimmed
some bean sprouts
2 hard boiled eggs, chopped
8 slices bacon, cooked and crumbled
1 small onion, chopped fine
grated Mozzarella cheese**

Dressing:

**1 cup salad oil
1/2 cup vinegar
1/2 cup sugar
1/3 cup ketchup
dash of salt**

Combine the salad ingredients, spread cheese on top. When ready to serve, pour small amount of dressing over salad and toss. Extra dressing can be stored in fridge.

*Eve Smith Wickwire
KHC '56*

Tabooley (Arabic Parsley Salad)

1 bunch green onions (shallots)
2 bunches parsley (leaves only)
3 tsp dried mint
3 or 4 large tomatoes
1/2 cup cracked wheat (bulgur)
1/4 cup salad or olive oil
salt and pepper to taste
lemon juice (about 1/2 lemon squeezed)

Wash cracked wheat, put in salad bowl.

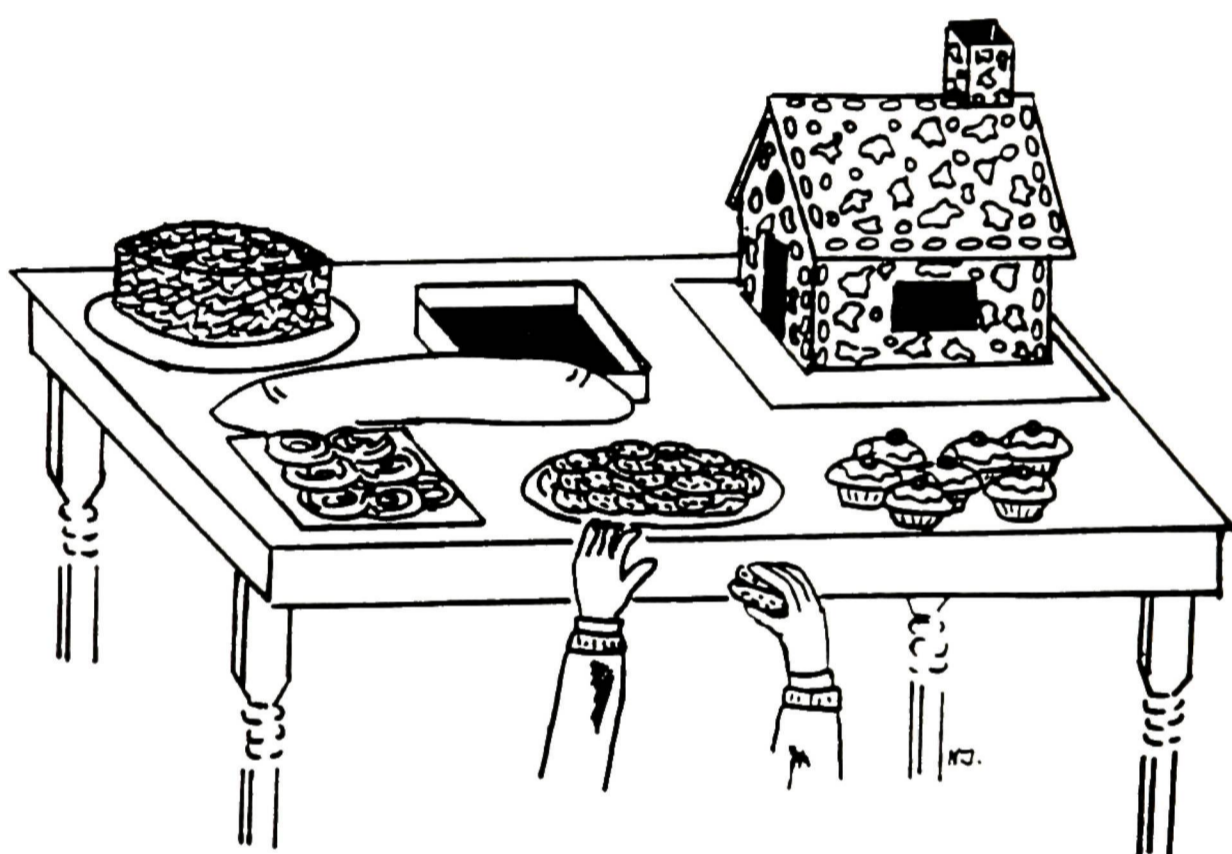
Chop parsley fine, cut green onions and tomatoes.

Add the vegetables to the cracked wheat and season with mint, salt and pepper. Add oil and lemon juice. Mix well. Adjust seasoning if necessary.

Serve with pita bread.

Eva Scheib
Joni '84

Baking - Desserts



Cheese and Onion Buns

2 cups warm water
1 tsp granulated sugar
1 package granulated yeast (or 1 1/2 tbsp)
1/4 cup butter, melted
1 tsp salt
2 cups grated, nippy cheese
all purpose flour
1/4 cup butter
1 1/2 cups finely chopped onion
1/2 teaspoon salt

Measure hot water into large bowl. Add sugar and stir till dissolved. When this is a little warmer than hand temperature, add yeast. Whisk or stir for a minute until yeast softens. Gradually add flour stirring after each addition, until the mixture is the consistency of thick cream soup. Cover and leave for 20 minutes. Meanwhile melt the butter and allow to cool to lukewarm. Next, stir melted butter, salt and grated cheese into the dough. Add more flour gradually, stirring well each time, until dough forms a ball. Remove from bowl and knead for 5 minutes on a floured surface. Put in a greased bowl, cover and leave to rise for 1 - 1 1/2 hours or until doubled in bulk.

Grease 24 large muffin tins or several cookie sheets. Melt 1/4 cup butter in a saucepan. Add finely chopped onion and salt. Cook over medium heat until onion is transparent and slightly browned. Cool to lukewarm. Roll out dough on greased board, making a rectangle about 18" x 6". Spread the onion and butter mixture over the dough. Roll up like a long jelly-roll, pressing edges to seal. Slice with a sharp knife into 24 pinwheels. Place each in a muffin tin or on cookie sheet. Leave to rise for about an hour, or until nearly doubled in bulk. Put into 400° F. oven and reduce heat at once to 375°F. Bake about 15 minutes or until slightly browned.

Peggy Nicholl
Lucy '80

Design Your Own Bread

1/2 cup lukewarm water
2 tbsp dried yeast
1 tsp sugar

1 cup cereal	e.g.	(rolled oats (granary flakes (triticale (Red River cereal (all bran (any cereal, crushed
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1/2 cup sweetener	e.g.	(molasses (honey (maple syrup (corn syrup (brown sugar
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2 cups liquid	e.g.	(boiling water (scalded milk
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1/3 cup fat	e.g.	(melted butter (lard (shortening (oil (margarine
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1 beaten egg
1 tbsp salt

6 - 7 cups flour	e.g.	(rye (whole wheat (white (corn
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Proof yeast in warm water and sugar. Put cereal, sweetener, fat and salt in large bowl. Pour hot liquid over and allow to cool to lukewarm. Add egg and proofed yeast. Stir in 2 cups flour and beat well. Add remainder of flour as needed. Knead until elasticky (springs back to shape when pinched). Place in a large greased bowl. Turn dough over so both sides are greased. Cover with a damp dish towel. Let rise till double in size. Punch down. Shape into loaves (3). Place in greased loaf pans. Cover with damp cloth. Let rise again. Bake 40 minutes at 375° F.

Jane Mitchell Jansen
BCS '80

Any Peanut Butter?



Irish Whole-Wheat Soda Bread

2 lbs whole wheat flour

2 level tsp baking soda

3 tsps salt

4 cups buttermilk

Prepare 4 small shallow oven-proof tins or plates by lightly greasing and flouring them. (The Corningware ones are ideal, approx. 5" or 6" diameter.) Mix ingredients quickly and divide into 4. Knead lightly into shape on floured board with floured hands and place in dishes. Mark each loaf with a cross, using a floured knife. (The Irish say this is done to release the Devil but it really does help the rising action.) Cover each loaf loosely with silver foil. Bake near top of oven at 450°F. for about 30 minutes. Remove foil and if not sounding hollow when tapped on bottom, give about 5 more minutes in the oven.

Wrap loaves in cloth while cooling to prevent the crust from getting too hard. Loaves freeze well.

Dorothy Hewson

KHC-BCS

Music Department

Apple Streusel Kuchen

(Germany)

**1/2 cup lukewarm water
1 tsp sugar
1 envelope active dry yeast
2 eggs
2 tbsp granulated sugar
1 tsp salt
2 tsp grated lemon rind
2 3/4 cups sifted all-purpose flour
1/3 cup soft butter or margarine
1/3 cup sifted all-purpose flour
1 cup granulated sugar
2 tsp cinnamon
6 medium-sized cooking apples
1/2 cup butter or margarine, melted**

Stir 1 tsp sugar into warm water. Sprinkle with yeast. Let stand 10 minutes, then stir well. Beat eggs until light in a large bowl. Stir in 2 tbsp sugar, salt, lemon rind, yeast and 1 1/2 cups flour. Beat until smooth and elastic. Add and beat in the 1/3 cup butter. Work in sufficient additional flour to make a soft dough. Turn out on floured board and knead until smooth and elastic. Place in greased bowl. Grease top of dough. Cover. Let rise in a warm place until doubled in bulk - about 1 1/4 hours. Grease a jelly roll pan, 15 1/2" x 10 1/2". Punch down dough. Turn out on lightly floured board and knead until smooth. Roll out dough into rectangle one inch larger than prepared pan. Place in pan, pat out evenly and press edges up around sides of pan. Grease top of dough. Cover. Let rise in a warm place until almost doubled in bulk - 45 minutes. Meanwhile, combine the 1/3 cup flour, 1 cup sugar and cinnamon. Peel, quarter and slice apples. Spread apples over dough and brush generously with some melted butter. Mix remaining butter into flour-sugar mixture and sprinkle over apples. Bake in 375°F. oven 25 - 30 minutes. Serve warm or cold with additional butter, if desired.

*Brenda Reed
Librarian*

Cake with Yogurt

**1 cup yogurt
2 cups sugar
1 cup sweet butter
3 1/2 cups flour
5 eggs
3 tsp baking powder
grated rind of 1 lemon**

Cream butter and sugar until smooth. Add eggs and lemon rind. Continue to beat for 5 minutes, add yogurt. Mix in sifted flour and baking powder, a little at a time, using a wire whisk. Grease cake pan and dust with flour. Pour batter into pan and bake in a moderate oven for about 1 hour. Turn over to cool and dust with icing sugar.

*Kalliroi Elias
Demetra '92*

Carrot Cake

1-1/2 cups corn oil
1-1/2 cups white sugar (or less)
3 eggs
2 cups flour (1/2 whole wheat, 1/2 white)
2 tsp cinnamon
8 oz crushed pineapple
1 cup chopped walnuts
2 tsp baking soda
1 tsp salt
2 cups coconut
2 cups grated carrots

Beat together oil, sugar and eggs. Mix in other ingredients.
Pour into 13" x 9" pan and bake at 350°F. for 45-50 minutes.

Frosting:

1/2 cup margarine
8 oz cream cheese
2 tsp vanilla
1/2 lb icing sugar
1 cup chopped pecans

Beat together first 4 ingredients, then add pecans.

Jane Mitchell Jansen
BCS '80

Chocolate Banana Cake

Cake Ingredients:

**1/3 cup vegetable oil
60 grams semisweet chocolate
3/4 cup sour milk or water
1/2 cup mashed bananas
1 cup granulated sugar
1 egg
1 1/4 cups flour
1/2 tsp salt
1/2 tsp baking soda
1 tsp vanilla**

Topping Ingredients:

**1/3 cup brown sugar
2 tbsps butter
2 tbsps milk
3/4 cup flaked coconut
1/3 cup chopped nuts or chocolate chips**

Melt chocolate and oil together. Add remaining ingredients for cake together and beat until smooth, about 2 minutes with beater. Bake in 9 inch square pan at 350°F for 40 minutes or until tester comes out clean. Combine ingredients for topping and mix well. Spread evenly over baked cake. Place about 6 inches under preheated broiler and broil until golden brown.

*Janet Lousley
Scott '90*

Chocolate Chip Cake

**1/3 cup shortening
1 cup sugar
2 eggs
1/2 cup milk
1 cup flour
2 tsp baking powder
1/2 tsp salt
1 tsp vanilla
1/2 cup chocolate chips**

Cream together the shortening and sugar. Add the eggs at one side of the bowl and beat well before combining with shortening and sugar. Sift or mix flour with baking powder and salt. Add alternately with milk and beat well. Add vanilla and chocolate chips. Pour into a greased 8" or 9" square pan. Bake 30 min. or more at 375° F.

This is a good snacking cake without icing.

*Sandra Booth
BCS Teacher*

Gâteau aux ananas

2 tasses de biscuits Graham émiettés finement

1 tasse de beurre

1 et 1/2 tasse de sucre en poudre

1 oeuf

3/4 de tasse de crème

1 boîte (19 onces) d'ananas broyés

Mélanger 1/2 tasse de beurre fondu avec 1 et 3/4 de tasse de biscuits (réserver 1/4 de tasse de biscuits).

Couvrir un plat beurré de 8x8 pouces. Presser les biscuits.

Cuire à 300° F. pendant 15 minutes. Laisser refroidir .

Battre en crème 1/2 tasse de beurre avec 1 et 1/2 tasse de sucre en poudre tamisé. Ajouter l' oeuf et bien battre le tout. Etendre sur les biscuits cuits.

Fouetter 3/4 de tasse de crème. Ajouter la boîte d'ananas (égouttés pendant 1 heure). Verser sur la deuxième préparation. Parsemer le reste des biscuits sur le dessus du gâteau.

Mettre au frigo.

Huguette Talbot

Couturière BCS

Gâteau aux bananes

1/2 tasse de beurre mou
1 et 1/2 tasse de sucre
1/4 tasse de crème sure
1 tasse de bananes mûres et écrasées (2 grosses bananes)
1/2 tasse de farine blanche non blanchie
2 oeufs
1 c. à thé de vanille
1 c. à thé de soda à pâte
1/4 c. à thé de sel
1 c. à thé de poudre à pâte

Bien battre le beurre, le sucre, les oeufs, la vanille. Dissoudre le soda à pâte dans la crème sure. L'ajouter aux premiers ingrédients et bien battre. Ajouter les bananes et les ingrédients secs alternativement.

Verser dans un moule bien beurré.

Cuire à 350° F. pendant 50 minutes.

Méthode Cuisinart

Mélanger les ingrédients secs. Passer les bananes au mélangeur. Mélanger beurre, sucre, oeufs, vanille pendant quelques minutes. Ajouter la crème sure, gonfler avec le soda. Ajouter les ingrédients secs.

Famille Grenon
BCS '87-'88

Gâteau aux carottes

2 tasses de sucre
1 tasse d'huile Mazola ou autre
3 tasses de carottes râpées
2 tasses de farine
2 c. à thé de vanille
2 c. à thé de cannelle
2 c. à thé de poudre à pâte
2 c. à thé de soda
1 c. à thé de sel
1 et 1/2 tasse de noix hachées
4 oeufs non battus

Mélanger le sucre et l'huile, ajouter les carottes, mélanger les ingrédients secs. Ajouter au premier mélange en alternant avec les oeufs. Ajouter les noix hachées. Mettre au four à 350° F. Cuire de 35 à 45 minutes.

Glacage

1 paquet de fromage à l'ananas Philadelphia
3 c. à table de beurre
2 c. à table de vanille
1 livre de sucre en poudre

Famille Grenon
BCS '87-'88

Gâteau de Savoie

(France)

8 oeufs
160 gr de farine
240 gr de sucre
2 c. à thé de poudre à pâte

Le gâteau peut-être plus ou moins petit ou grand selon le nombre d'oeufs, mais, multiplier alors les grammes du sucre et de la farine par le nombre d'oeufs. Il y a 20 gr de farine et 30 gr de sucre pour un oeuf.

Casser les oeufs en séparant le blanc du jaune et les mettre dans 2 bols différents, assez grands. Ajouter au jaune d'oeuf, les 240 gr de sucre et remuer bien jusqu'à ce que le mélange soit léger. Dans un 3e bol, tamiser les 160 gr de farine, 2 cuillères à thé de poudre à pâte.

Incorporer peu à peu les ingrédients secs (farine, poudre à pâte) dans les ingrédients liquides (jaune d'oeuf, sucre). Remuer bien jusqu'à ce que le mélange soit plus léger. Vous pouvez le faire au mixeur.

Ensuite, battre les blancs en neige au mixeur. Lorsque c'est prêt, les incorporer avec beaucoup de précautions pour ne pas que les oeufs en neige se cassent. Surtout, il faut faire assez vite sinon, les oeufs vont tomber (liquide).

Graisser un moule à gâteau assez large (25 à 30 cm de diamètre) et faire cuire pendant 25 à 30 minutes à 350° F. en surveillant le gâteau.

Une fois cuit, démouler le gâteau et déguster.

Suggestions:

Quand votre gâteau est prêt à mettre au four, rajouter, juste avant, du jus de citron ou de l'essence de vanille.

Ouvrir en 2 et le fourrer.

Manger avec de la crème fouettée, des fraises, framboises ou même une salade de fruits.

Famille Grenon
BCS '87-'88

Gâteau Reine Elizabeth

1/4 de tasse de beurre
1 oeuf
1 c. à thé de poudre à pâte
1/2 c. à thé de soda
1 c. à thé de vanille
1/4 c. à thé de sel
1 tasse de sucre blanc
1/2 tasse de noix hachées
1 tasse de dates
1 tasse d'eau bouillante
1 et 1/2 tasse de farine

Vider l'eau bouillante sur les noix et dates; les laisser refroidir. Défaire le beurre en crème, ajouter le sucre fin puis l'oeuf. Ajouter les ingrédients secs, la moitié à la fois; puis la vanille et le mélange des noix et dates. Bien mélanger. Verser le tout dans un plat (9x13 pouces) et faire cuire au four à 350° F. de 30 à 40 minutes.

Glacage

10 c. à table de sucre brun
6 c. à table de beurre
6 c. à table de crème liquide
1 tasse de coconut

Mélanger le tout et cuire 3 minutes en laissant bouillir. Brasser constamment. Verser sur le gâteau cuit et faire brunir quelques minutes au four à "Broil".

Famille Grenon
BCS '87-'88

Light Christmas Fruitcake

**1 cup butter
2 cups white sugar
4 eggs
1 cup milk
3 cups flour
2 tsp baking powder
1 tsp vanilla
1 lb light raisins
1/2 lb coconut
1/2 lb mixed peel
1/4 lb almonds
1/4 lb glazed cherries
4 pineapple rings
1 cup gumdrops
brandy (optional)**

Cream butter; add sugar gradually. Beat in eggs. Dredge fruit with 1/2 cup flour. Add baking powder to remaining flour and add fruit. Add alternately milk and flour/fruit to butter, sugar, egg mixture. Bake in tins lined with 3 layers of brown paper at 275°F. for 2 1/2 to 3 hours. Every week till Christmas add brandy to top of cake which has been pricked with a toothpick. Optional but oh so delicious!

*Mrs. Planidin
Linen Room*

Mom's Cherry Cake

**1 20 oz can cherry pie filling
1 20 oz can crushed pineapple
1 package yellow cake mix
2 sticks margarine, melted
1 cup flaked coconut
1 cup chopped pecans**

Pour pie filling and pineapple in bottom of greased 9x13 inch baking pan.

Sprinkle cake mix on top, pour margarine over this and sprinkle with coconut and pecans. Bake at 350°F for 50 minutes.

*Theresa Loubier
Admissions Office*

Orange Chipit Cake

2 cups sifted cake flour
1/4 tsp salt
1 tsp baking soda
1 1/2 tsp baking powder
1/2 cup white sugar
1/2 cup brown sugar
1/2 cup shortening
1 cup sour milk
2 eggs
1/4 cup grated orange rind
1/2 tsp vanilla
4 oz grated semi sweet chocolate
1/4 finely chopped walnuts

Mix together first six ingredients. Add shortening, sour milk and eggs and mix well. Add remaining ingredients and mix well. Pour into two layer cake tins (greased and lined with waxed paper). Bake in moderate oven (350° F) for 25 - 30 minutes. Frost with chocolate frosting.

Especially good with ice-cream.

Glenna Speck
Linen Room

The Queen Mother's Date and Walnut Cake

(Great Britain)

10 oz boiling water
225 g chopped dates
1 tsp baking soda
225 g sugar
75 g butter or margarine
275 g flour
50 g chopped walnuts
1 beaten egg

Mix first three ingredients and leave to stand while mixing the rest of the ingredients. Mix fat and dry ingredients and add date mixture and beaten egg. Put into tin about 12" x 9" and cook for about 35 minutes in a 350°F. oven.

Topping:

5 tbsp brown sugar
2 tbsp butter
2 tbsp cream
chopped walnuts

Mix these ingredients (except walnuts) together and boil for 3 minutes till fudgy. Spread over cake and sprinkle with chopped walnuts.

Anonymous

Russian Easter 'Kulick'

2 cups warm scalded milk
3 3/4 cups flour
1 package yeast dissolved in warm water
4 or 5 eggs
2/3 cup sugar
1/2 lb. melted butter
1 oz. grated almonds
rind of 1 lemon
pinch of salt
dash of cinnamon
1 cup white raisins
4 oz. mixed peel



Mix milk, flour and yeast. Let rise. Add remaining ingredients and mix.

Turn out on board and knead until smooth and small bubbles appear under the surface. Place in greased bowl, cover with damp cloth and let rise in warm place (85 F) until double (1 1/2 hrs.) Punch down and let rise again until almost double. (Use 28 oz cans or 48 oz cans. Fill 1/2 full in well-greased pans; cover and let rise until double.) Heat oven to 375°F . Bake 35 to 40 mins. or until browned and loaves sound hollow when tapped on top. While warm ice with Kulick icing by spreading on top and letting drip down sides. Sprinkle with coloured candies or grated almonds.

Kulick Icing

1/2 cup sifted icing sugar
1 1/2 tsp. warm water
1/2 tsp lemon juice
1/8 tsp grated lemon rind

Mix together and spread on Kulick.

*Mrs. Planidin
Linen Room*

Sugarless Fruitcake
(excellent for diabetics)

3 cups of raisins
2 cups of water
2 cups dates, chopped
5 tbsps orange rind
1 tsp nutmeg
1/2 tsp salt
2 tsps cinnamon
1 cup margarine
2 tsps vanilla
2 cups of flour
1 tsp baking soda
1/2 cup walnuts, chopped
2 tsps baking powder

Combine raisins, water, dates, orange rind, cinnamon and nutmeg together in a large saucepan and boil for five minutes. Add margarine to boiled mixture. Remove from heat and cool. When cool add remaining ingredients and mix well. Bake at 300° to 325°F for one hour. Test it by inserting a knife into the cake. If it comes out clean it is cooked.
Makes two loaves.

Danny Hunting

Biscuits aux épices

1 tasse de raisins secs
1 tasse d'eau
2 tasses de farine
1/4 de c. à thé de sel
1/2 de c. à thé de poudre à lever
1/2 de c. à thé de soda
3/4 de c. à thé de cannelle
1/4 de c. à thé de gingembre
1/2 de c. à thé de muscade
1/2 de c. à thé de clous de girofle
1/2 tasse de graisse
1 tasse de sucre et cassonade
2 oeufs

Faire bouillir 3 minutes l'eau et les raisins secs. Mesurer tous les ingrédients secs ensemble. Dans un grand bol, battre la graisse en crème. Ajouter le sucre puis les oeufs. Ajouter les ingrédients secs et les raisins en alternant.

Cuire à 425° F en haut.

Ginette L. Girardin
Steve '89

Brunch Cookies

1/2 cup peanut butter

2 6 oz packages butterscotch chips

5-6 cups slightly crushed corn flakes

Melt together peanut butter and butterscotch chips. Stir in cornflakes.

Drop by the teaspoon onto cookie sheet. Chill in fridge or freezer until firm (5 - 10 minutes). All kids love these and can make them themselves.

Gillian (Angus) Côté
KHC '62

Chocolate Mint Bars

Base:

1/2 cup butter or margarine
2 squares unsweetened chocolate
1 cup sugar
1/2 cup flour
1/2 tsp baking powder
1/4 tsp salt
1 tsp vanilla
2 eggs

Filling:

1 cup icing sugar
1/4 cup butter
1 tbsp milk
1 tsp peppermint extract

Topping:

2 squares semisweet chocolate
2 tbsp butter

Base: In medium saucepan, melt butter, chocolate and sugar; remove from heat and let cool slightly. Stir in remaining ingredients. Mix well. Spread in buttered 13 x 9 inch pan; pat down. Bake in 350 oven for 20 minutes or until firm. Let cool.

Filling: In small bowl, beat icing sugar, butter and milk until smooth. Stir in peppermint extract to taste. Spread on cooled base.

Topping: In small saucepan, melt chocolate and butter over low heat. Let cool slightly, then drizzle over filling. Cut into squares. Makes about 50 squares.

Sandra Booth
Don '89

Chocolate Oatmeal Drop Cookies

1/2 cup brown sugar
1/2 cup white sugar
1/2 cup margarine or butter
1 egg
3/4 cup strong coffee (2 tbsp coffee + water)
2 squares unsweetened chocolate (melted)
1 tsp baking powder
1 tsp vanilla
salt
1 - 1 1/2 cups flour
1 cup rolled oats

Cream butter and sugar. Add egg, coffee, chocolate and vanilla.
Mix well. Combine baking powder, salt and flour and add to liquids. Stir in rolled oats.
Drop and bake 10 minutes at 350°F.

Very moist!

Kim Laliberté
Development Office

Florentine Cookies

3/4 cup 35% cream
1/4 cup milk
1 cup sugar
300 grams candied orange peel
1/2 cup red and green cherries
1 1/2 cups chopped almonds
1/2 cup flour
pinch salt
1/2 tsp almond extract
4 tsp mazola oil
2 8 oz packages semi-sweet chocolate

Mix all ingredients except chocolate. Drop by teaspoon on greased cookie sheets. Bake in 350°F. oven till definitely brown around edges and slightly brown on top. Keep egg lifter wet to lift cookies off sheet. Melt chocolate. Stir till smooth and spread on cookies.

This is a large recipe which can be cut in half.

Ann Cameron Mitchell
KHC '53

Mrs. McNab's Cookies

2 cups brown sugar
1 cup butter or shortening (Crisco)
2 eggs
3 cups flour (all-purpose)
1 tsp baking powder
1 tsp nutmeg
1 tsp salt
2 cups raisins

Cream butter. Add brown sugar slowly, then beat til very creamy. Beat in eggs, one at a time. Mix dry ingredients thoroughly. Add to batter and mix well. Stir in raisins. Drop by teaspoonfuls onto greased cookie sheets. Bake at 350°F. for about 10 minutes. Cool slightly before removing from cookie sheets.

Back, way back, in 1953-54 at KHC there was a cozy little prefects' basement sitting room called "Shay Noo". At that time one of the prefects' privileges (Privilege carries with it Responsibility: one of the "laws of living" Gilly taught us) was that of being allowed to receive **FOOD** in the mail from home. (We didn't have to open our parcels in the office in front of Miss Keyzer, remember?!) Janey McNab's mother used to send us these incredible cookies. I'm sure she doubled the recipe as a huge tin, full, would arrive, and we would attack it like starving vultures. Janey would tuck it away in Shay Noo, but we always found it!

Ann McNally Budge
KHC '54

Oatmeal Cookies

(Scottish Recipe)

1 cup butter

1 cup lard

2 cups brown sugar

2 cups flour

4 cups oatmeal

2 tsp baking soda dissolved in 2 tbsp water

Cream butter and lard. Add brown sugar and continue to beat. Stir in flour and oatmeal. Pour water and baking soda over mixture and mix well. Use hands to mix thoroughly. Bake at 350°F for 10 minutes. Allow to cool about 1 minute before removing from cookie sheet.

Nancy Gallery

Liz '89

Old Fashioned Oatmeal Cookies

1/2 cup butter or margarine
1/2 cup shortening
1 1/4 cups brown sugar
1 egg
1/2 tsp baking soda
1/2 tsp baking powder
1/2 tsp salt
1 tsp vanilla
1 1/4 cups flour
2 cups oatmeal

Cream butter and shortening. Add brown sugar, egg and vanilla and beat well. Stir in remaining ingredients. Cool and then roll into small balls and press flat with a wet fork on greased sheets. Bake at 350°F for 7 - 8 minutes, until brown.

Sandra Booth
BCS Teacher

Peanut Butter Cookies

1/2 cup shortening
1/2 cup peanut butter
1/4 tsp. soda
1/2 cup brown sugar
1/2 tsp. vanilla
1/2 cup white sugar
1 1/2 flour
1/4 tsp. salt
1 egg

Cream shortening and peanut butter, add sugar and blend well. Add egg, well-beaten. Add flour sifted with salt and soda and mix well. Add vanilla. Roll in small balls and flatten with a fork. Bake at 350° F until lightly browned.

Rita Hawketts
Helen '86

Torte Cookies

**1 cup brown sugar
6 tbsp flour
1/2 cup melted butter
1/2 tsp salt
2 eggs
1 tsp baking powder
1 tsp vanilla
1 cup dates, cut up
1/2 cup chopped nuts
wheatgerm (optional)**

Mix all ingredients in order given. Spread in a greased 8" x 12" pyrex pan. Bake at 350°F for 30 minutes. Great for "CARE" packages.

*Ann Cameron Mitchell
KHC '53*

Kim's Muffins

3/4 cup raisins
3/4 cup chopped dates
1 1/2 cups water
1/2 cup butter
2/3 cup brown sugar
1 egg
1 tsp vanilla
1 1/2 cups flour
1 tsp baking powder
1 tsp baking soda
1/4 tsp salt

In saucepan combine raisins, dates and water. Boil gently, uncovered, for 20 minutes. Let cool. Cream together butter and sugar. Add egg and vanilla. Add fruit and its liquid. Combine dry ingredients. Stir into fruit mixture. Mix well. Spoon into muffin tins 3/4 full.

Bake at 350°F. 20 - 25 minutes.

Kim Laliberté
Development Office

Miniature Ginger Muffins

1 cup + 2 tbsps flour (non-self-rising cake flour)
1/2 tsp baking powder
1/4 tsp baking soda
1/4 tsp salt
1 tsp ground ginger
1/4 cup softened butter
1/4 cup brown sugar
1/4 cup light molasses
1/4 cup buttermilk
1 large egg, slightly beaten
1 cup confectioner's sugar
crystallized ginger for garnish

In a bowl sift together flour, baking powder, baking soda, salt and ground ginger. In another bowl cream the butter with the sugar. Add the molasses, the buttermilk and the egg. Beat until well combined. Add the flour mixture, stir until just combined and spoon into buttered muffin tins. Fill 2/3 full.

Bake in a 350°F oven for 15 minutes or until tester comes out clean. Let cool. Sift the confectioner's sugar. Add 1 tbsp + 2 tsps water. Stir until smooth. Drizzle a tsp of sugar mixture over each muffin and garnish with ginger.

Helen Morgan
Former Staff

Muffins au son

2 c. à table de graisse (beurre)
1/4 de tasse de cassonade
2 c. à table de mélasse (sirop d'érable)
1 oeuf
1/2 tasse de lait
1/2 tasse de farine
3/4 c.à thé de poudre à pâte
1/4 de tasse de soda à pâte
3/4 de tasse de son de blé
1/4 de tasse de raisins secs (facultatif)
un peu de sel

Chauffer le four à 400 °F. Graisser les moules à muffins ou garnir les moules de "papier". Mettre la graisse en crème (la ramollir) . Incorporer la cassonade et bien battre.

Incorporer la mélasse, les oeufs et battre. Ajouter le lait et le son et brasser.

Dans un autre bol, mélanger les ingrédients secs. Les incorporer aux ingrédients liquides sans brasser. Ajouter les raisins si désiré.

Verser la préparation dans les moules.

Cuire environ 15 minutes.

Famille Grenon
BCS '87-'88

Welsh Cakes

2 cups flour
2 tsp baking powder
3/4 tsp salt
3/4 tsp nutmeg
1/3 - 1/2 cup sugar
1/4 cup margarine
1/4 cup crisco
2/3 cup currants
2 eggs
3 tbsp milk

Mix together eggs and milk. Add all other ingredients, mixing well. Fry in skillet over medium heat til brown.

Good for tea.

Anne MacLaren
Sarah '89

Butterscotch Brownies

**1/4 cup butter
1 cup brown sugar
1 egg
1 tsp vanilla
1/2 cup flour
1 tsp baking powder
1/2 tsp salt
raisins and/or nutmeats**

Melt butter, dissolve sugar, then beat in egg and vanilla. Add flour mixture. Pour into greased and floured 8" x 8" pan. Bake at 350°F. for about 30 minutes.

*Ursula Evans
Kenneth '87*

Chocolate Chewies

1 cup flour
1/3 cup butter, softened
1/4 cup icing sugar
2 eggs
1 cup sugar
1/2 tsp baking powder
1/4 tsp salt
3 tbsps cocoa
1 tbsp butter

Heat oven to 350°F. Cream flour, butter and icing sugar. Press evenly in ungreased square pan. Bake for 20 min. Beat remaining ingredients until light and fluffy, about 3 min. Pour over hot crust and bake about 25 minutes longer. Cool and cut into squares.

Kathryn Barlow
Christy '91

Lemon Squares

Shortbread Base:

1/2 cup sugar

1 cup butter

1 1/2 cups flour

Filling:

Commercial lemon pie

Soften butter. Add sugar and then flour. Spread into a greased pan 12" x 7". Bake for 30 minutes at 350°F. Prepare commercial lemon pie filling. Let cool. Pour over cool shortbread base. Decorate with green and red cherries. Cut into squares. This recipe is very easy and delicious.

Mrs. Trower
Jennifer '89

Oatcakes

1 cup sifted flour
1 tbsp sugar
1/2 tsp salt
2 cups quick rolled oats
1/2 cup softened butter
1 tsp baking powder

Sift flour, sugar, baking powder and salt together. Mix in rolled oats, cut in butter thoroughly. Gradually add milk, stirring until dough is formed. Roll dough on lightly floured surface to 1/4" thickness. Cut out in rounds or triangles. Place on greased baking sheet and bake at 375°F for 12 to 15 minutes, or until lightly browned.

Peggy Nicholl
Lucy '80

Tweed Squares

1/2 cup butter
1 tsp vanilla
2 tsps baking powder
1/2 cup milk
2/3 cup white sugar
1 1/3 cups flour
1/2 tsp salt
2 beaten egg whites
2 squares grated semi-sweet chocolate

Cream butter and sugar. Add vanilla and dry ingredients alternately with the milk. Fold in chocolate and egg whites. Bake at 350°F for 30 minutes.

Frosting

1/2 cup butter
1 1/2 cups icing sugar
2 egg yolks
1 tsp vanilla

Spread on squares and over this drizzle 2 squares melted chocolate with 2 tsp butter.

Dolores Nickerson
Mora '89

Yvonne's Date Squares

1 cup chopped dates
1 cup brown sugar
1/2 cup hot water
1/2 tsp vanilla
1 cup flour
1 1/2 cups rolled oats
1 cup brown sugar
1 cup butter

Cook first four ingredients together over low heat until the mixture forms a paste. Melt butter; mix with flour, rolled oats, and brown sugar. Spread one half in the bottom of an 8"x8" pan. Spread the date mixture over this then spread the remaining crumb mixture over the date mixture.
Bake at 325°F. for 1 hour.

Julia Common
Former Staff

All right now, whose turn is it to do the dishes?



Banana Madness

bananas

lemon juice

strawberry jam

whipped cream

Slice bananas in a bowl. Sprinkle with lemon juice. Cover with strawberry jam. Cover with whipped cream.

Adjust quantities to numbers.

This is really delicious, really quick, really easy. Everyone loves it.

P. Peacock

B.C.S. Chaplain

Cheese Blintzes

Batter:

**3 eggs, beaten
1 cup milk
1/4 cup water
1 cup flour
pinch of salt**

Filling:

**3/4 lb dry cottage cheese
2 eggs
1 tbsp melted butter
2 tbsps sugar
1/2 tbsp lemon juice
1/4 cup raisins, if desired**

Combine milk and water. Stir in flour and salt. Add this mixture to the beaten eggs. Pour batter (about 3 tbsp at a time) onto a hot, slightly greased pan. (The pan should be about 5" in diameter). Rotate the pan so that the mixture covers the bottom completely. Fry on one side only. Turn out crêpes on a towel. Make filling by combining all ingredients and mixing well. Place cheese filling on 1/2 of the crêpe being careful to keep it away from the edge. Fold the other side over on top of it. Press edges together.

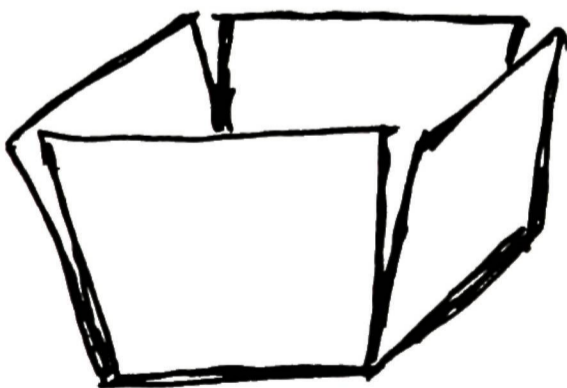
Fry in butter until brown.
Serve with sour cream and/or blueberries.

*Mrs. Trower
Jennifer '89*

Cheese Pas/ka
Easter Cottage Cheese Dessert
Russian

2 lbs cottage cheese (Crescent natural cottage cheese or Liberty Quark)
1/2 lb. unsalted butter
3 hard boiled egg yolks
1 tablespoon vanilla
1 - 2 cups sugar (to taste)
4 oz. grated almonds
2 oz. mixed peel
1 cup white raisins
1 cup table cream

Put cottage cheese (if it is not one of the above-mentioned brands) and egg yolks through strainer. Add softened butter, sugar, vanilla, grated almonds, peel, raisins, and cream. Insert cheese-cloth in pas/ka mold or colander. Add cheese mixture. Allow to drain overnight in cool place. Turn on to dish. Remove cloth. Usually is in pyramid shape. Eaten with Kulick an Easter bread which is baked in a mushroom shape.



Mrs. Planidin
Linen Room

Chocolate Amaretto Cheesecake

Crust:

**1 1/2 cups chocolate wafer crumbs
1 cup chopped almonds, lightly toasted
1/3 cup sugar
6 tbsp soft butter**

Filling:

**1 1/2 lbs cream cheese
1 cup sugar
4 eggs
1/3 cup whipping cream
1/4 cup Amaretto liqueur
1 tsp vanilla**

Topping:

**1 container sour cream
1 tbsp sugar
1 tsp vanilla**

Mix wafer crumbs, almonds, sugar and butter til like corn meal. Use to line the bottom and sides of a 9 1/2" springform pan. Cream cream cheese with sugar. Add eggs, one at a time, beating well after each addition. Add whipping cream, Amaretto and vanilla. Mix well. Pour into shell and bake approximately 1 hour at 375°F. Remove from oven. Mix sour cream, sugar and vanilla and spread this mixture over top of cheesecake. Return to oven for 5 minutes. Chill. Decorate top with almonds.

*Mrs. Ferguson
Julie '89*

Chocolate Pudding

1/2 cup of sugar

2 cups of milk

1 tbsp of vanilla

2 egg yolks

4 squares of semi-sweet chocolate (melted)

4 tbsp of flour

Melt chocolate over low heat. Gradually add rest of ingredients. Stir constantly over low heat until thick.

Serves 4 - 6.

Tracey Harding '92

Chocolate Torte Royal

Meringue:

2 egg whites
1/2 tsp vinegar
salt
1/2 cup sugar
1/2 tsp cinnamon

Filling:

6 oz semi-sweet chocolate
2 egg yolks
1/4 cup water
1 cup heavy cream
1/4 cup sugar
1/4 tsp cinnamon
chopped pecans

Meringue: Add salt and cinnamon to egg whites and beat until peaks form. Gradually add sugar and vinegar, beating well after each addition, until meringue is stiff. Spread on brown paper in 8 inch circle. Build up sides.

Bake at 275°F for 1 hour. Turn off oven; let cool in oven for 2 hours.

Filling: Melt chocolate with water. Spread 2 tbsps over meringue bottom. To remaining chocolate add beaten egg yolks. Blend well and chill until thick. Whip cream, sugar and cinnamon, fold into chocolate mixture and spread into shell and chill. Garnish with whipped cream and chopped pecans.

Nancy Dunn

Amanda '90

Christmas Pudding

1/2 livre de figues
1/2 livre de mie de pain-de-mie (ou biscottes)
1/2 livre de raisins de Smyrne
1/2 livre de raisins de Corynthe
1/4 livre d'écorces d'orange confites
le zeste d'un citron
3 oeufs
1 c. à thé des 4 épices
1 pincée de sel
1/4 de livre de sucre brun
2 grosses pommes
1/4 livre de miel
1/4 de verre de rhum

Tout décortiquer, laver, couper en morceaux, ajouter le miel, le jus de citron, les oeufs, le sel. Mélanger longuement et mettre dans un grand ou 2 moules moyens spéciaux: bols de faïence blancs allant au feu. Faire cuire au bain-marie à très petit feu pendant trois heures. Le préparer au moins une semaine d'avance. Le réchauffer au bain-marie avant de servir et l'arroser alors de rhum flambant.

La famille Grenon

France

BCS '87 - '88

Coffee Tapioca

4 cups strong coffee (2 tbsp per 1 cup water)
6 tbsp tapioca
1/4 cup sugar
3/4 tsp vanilla

Combine tapioca and sugar. Add gradually to hot coffee. Let come to full boil. Remove from heat and stir in vanilla.

Kim Laliberté
Development Office

Cottage Cheese-Chocolate Cream

250 g smooth cottage cheese (Quark made by Liberty)

200 ml whipping cream

75 g grated semi-sweet chocolate

a good dash of rum

red currant jelly

Mix cottage cheese with rum and sugar. Fold in stiffly beaten cream and then grated chocolate. Into bottom of individual bowls or one pretty dessert bowl put some red currant jelly.

Top with chocolate cheese mixture and chill.

Heat some rum with jelly until melted and then serve with the dessert. Differently delicious !

Serves 4 - 6.

Jacqueline Tame

Marc '92

"Delicious" Butter Rum Pie

**1/2 cups raisins
5 tbsp butter
4 eggs
2 cups brown sugar
3 tsp rum flavouring
1/2 cup chopped nuts
1 pie shell**

Soak raisins in hot water until plump. Beat butter until creamy. Add eggs and brown sugar and beat until foamy. Add rum, nuts and raisins. Pour into pie shell. Bake at 400 F for 25 minutes.

Cool and serve with whipped cream or vanilla ice cream.

*Sandra Pilon
Geneviève '92*

Frozen Black and White Sundae

1 quart vanilla ice cream
2 squares Baker's unsweetened chocolate
1/2 cup butter
2 cups sifted icing sugar
3 egg yolks, unbeaten
1 tsp vanilla
dash of salt
3 egg whites
1/2 cup chopped nuts
1/2 cup crushed vanilla wafers.

Place softened ice cream in 2 refrigerator trays (or any other low container). Freeze until hard. Melt butter and chocolate in saucepan over low heat. Add to sugar in mixing bowl. Add egg yolks, one at a time, beating well after each addition. Add vanilla and salt and beat well. Beat egg whites until stiff peaks form. Fold into chocolate mixture. Sprinkle nuts over ice cream then spread with chocolate mixture. Top with wafer crumbs. Freeze overnight.

Serves 12 - 16.

Alice E. Aird
KHC '45

Homemade Ice Cream

20 large marshmallows
1 cup hot water
1 small carton whipping cream
1 cup cut up strawberries
small amount sugar
pinch of salt

Mix marshmallows in hot water until dissolved; chill.
Beat cream; add strawberries, sugar and salt. Combine with
chilled mixture and put into freezer.

Guen Calder
Thane '88

Instant Pineapple Dessert

1 graham cracker pie shell
1 package instant pistachio pudding
1 large can crushed pineapple
3/4 large bowl cool whip
1 tsp almond extract (optional)
1 cup cut-up cherries (optional)

Mix the pudding, pineapple and cool whip together. Add almond extract if used. Pour into pie shell and refrigerate. Decorate with cut-up cherries if desired.

Mrs. Planidin
Linen Room

Lemon Mousse

1 tbsp gelatine
150 g sugar
5 eggs, separated
peel of one lemon, grated
5 tbsps lemon juice
250 ml whipping cream, whipped

Soak gelatine in 1/4 cup water, heat just to dissolve and cool. Beat egg yolks with sugar and lemon zest until very light and fluffy. Slowly add gelatine and lemon juice, let sit until it begins to stiffen. Beat egg whites until very stiff, gently fold into stiffened yolk mixture. Whip cream and fold in. Pour into crystal bowl and chill. The weight-conscious may omit the whipping cream.

Serves 6-8.

Lisa Johnson
BCS Auxiliary

Makrouta
Saudi Arabia

2 1/2 cups flour
1 cup sugar
1 tsp baking powder
1 tsp anise seeds
1 cup ghee or shortening
1 egg
1 cup of coffee milk

1 lb dates
1 tbsp ghee or butter
1 tsp cinnamon

Mix the dry ingredients and work in the ghee or shortening. Add the egg and milk. Spread 1/2 of pastry in a large baking pan; add dates and mix with cinnamon and ghee or butter. Put over the pastry. Cover with rest of pastry. Bake at 350°F for 1/2 hour or until golden brown.

Julie Guenkel '89

Maple Syrup Batter Pudding

**1 cup milk
2 cups flour
4 tsps baking powder
2/3 tsp salt
4 tbsps shortening
6 tbsps sugar
2 eggs
2 cups maple syrup
walnuts and whipped cream**

Cream shortening, sugar and eggs. Sift the dry ingredients. Mix the creamy mixture with the dry ingredients and the milk. In an oven-proof dish put the maple syrup and cook until the syrup is warm to hot. Pour the batter over the syrup. Bake in a 375°F oven for 25 minutes. Serve with whipped cream and walnuts.

*Theresa Loubier
Admissions office*

Mousse au chocolat

1/6 oz package semi-sweet chocolate pieces
6 eggs - separated
2 tsps vanilla

decoration: chocolate curls and/or whipped cream, candied violets, chopped nuts, etc.

In double boiler over hot, not boiling, water melt chocolate pieces. Remove from heat. Separate eggs. With spoon beat yolks and vanilla into melted chocolate. Beat egg whites until stiff but not dry. Fold into chocolate mixture. Spoon into demi-tasse cups or small wine glasses. Refrigerate 4 hours or until served. Decorate with chocolate curls and/or whipped cream, candied violets, chopped nuts, etc.
Serves 8 - 10.

Mrs. Ferguson
Julie '89

Peach Pie Deluxe

**3/4 cups sugar
2 tbsp flour
2 eggs
2 tbsp melted butter
pinch of salt
peaches (raspberries, blueberries, gooseberries
may be substituted)
1 pie crust**

Preheat oven to 400°F. Slice the peaches. Stir all of the ingredients together in one bowl. Pour into uncooked crust. Cook at 400°F for 15 min. Turn down oven to 350°F and continue cooking for about 25 min. or until done. The pie is ready when it sets like custard.

This is the easiest, most delicious dessert I have ever made or eaten.

*Betsy Coleman
James '89*

Pesche Ripiene

Peaches stuffed with macaroons and almonds and candied orange peel, soaked in wine and baked, and as a last delight treated to a touch of Cointreau.

Mrs. Planidin
Linen Room

Pineapple-Yogurt Pudding

1/20 oz can crushed pineapple
1 envelope unflavoured gelatin
1 tbsp sugar
2/8 oz or 1/16 oz container plain yogurt

Drain juice from pineapple into small pot. Stir in gelatin and sugar. Stir over low heat til gelatin dissolves, about 5 min. Stir in pineapple. Cool until thickened. Fold in yogurt. Chill.

85 calories per 1/2 cup serving.
8 servings.

Mrs. Ferguson
Julie '89

Plum and Drambuie Mousse

6 eggs
4 oz castor sugar
1/2 oz gelatine
1/2 pint plum purée
2 tbsps Drambuie

Separate eggs and beat whites until stiff. Beat yolks, add sugar. Fold in plum purée and Drambuie. Add the dissolved gelatine and fold in the egg whites. Serve with swirls of cream which has a little Drambuie added to it.

Chay Buchanan-Smith
Loretto School-Scotland



Pudding de Noël

1/2 livre de figues
1/2 livre de mies de pain-de-mie (biscottes)
1/2 livre de raisins de Smyrne
1/2 livre de raisins de Corynthe
1/4 livre d'écorces d'orange confites
1/4 livre de sucre brun
1/4 livre de miel
1/4 verre de rhum
zeste d'un citron
3 oeufs
1 c. à thé des 4 épices
1 pincée de sel

Tout décortiquer, laver, couper en morceaux, ajouter le miel, le jus de citron, les oeufs, le sel. Mélanger longuement et mettre dans un grand ou deux moules moyens spéciaux: bols de faïence blancs allant au feu. Faire cuire au bain-marie à très petit feu pendant trois heures. Le préparer au moins une semaine à l'avance. Le réchauffer au bain-marie avant de servir et l'arroser alors de rhum flambant.

Famille Grenon
BCS '87-'88

Raspberry Batter Pudding

**2 cups raspberries
juice of 1/2 lemon**

batter:

**3/4 cup sugar
3 tbsps shortening
1/2 cup milk
1 cup flour
1 tsp baking powder
1/2 tsp salt**

Spread berries in 8"x 8" greased pan. Pour batter over this and sprinkle with 1 cup sugar and 1 tbsp cornstarch. Pour 1 cup boiling water over top and bake for 45 minutes in 350°F oven.

*Lina Jenne
Registrar's Office*

Rhubarb Roll

Dough:

**2 cups flour
2 tsp baking powder
1 tsp salt
1/2 cup shortening
1/2 cup milk
butter - softened**

Filling:

**2 cups rhubarb (finely chopped)
3/4 cup sugar
3 tsp flour**

Syrup:

**1 1/2 cups brown sugar
1 cup water**

Mix flour, baking powder and salt. Cut in shortening. Add milk to form soft dough. Roll out dough to 1/4" or 3/8" thickness and spread with butter. Mix rhubarb, sugar and flour together and spread over dough. Roll up as jelly roll. Butter 8" square pan. Slice roll into approx. 10 equal portions (1 1/2 " slices) and lie cut side down in pan.

Heat brown sugar and water in saucepan. Pour over roll slices in pan and bake all at 350°F for 45 min.

*Mrs. Ferguson
Julie '89*

Tarte glacée aux bleuets

1 et 1/2 tasse de biscuits Graham émiétés
3 c. à thé de sucre
1/3 de tasse de beurre ramolli
1 paquet de 4 onces de fromage à la crème (t^o de la pièce)
1 c. à table de jus de citron
1 paquet de 11 onces de bleuets congelés
1/3 de tasse d'eau
1/2 tasse de sucre
1 et 1/2 c. à table de fécule de maïs
3 c. à table d'eau
crème fouettée sucrée au goût

Chauffer le four à 350° F. Bien mêler les miettes de biscuit, les 3 cuillères à table de sucre et le beurre fondu. Mettre ce mélange dans une assiette à tarte et le presser fortement de façon à ce qu'il recouvre entièrement le fond et les côtés de l'assiette. Cuire au four pendant 10 minutes et laisser refroidir.

Mêler le fromage à la crème et le jus de citron et battre au mal-axeur électrique jusqu'à ce que tout soit très léger. Etendre dans le fond de la croûte de miettes de biscuits.

Verser environ 1/4 du paquet de bleuets dans une casserole.

Ajouter 1/3 de tasse d'eau et faire mijoter en séparant les fruits à la fourchette pendant 3 minutes.

Mêler 1/2 tasse de sucre et la fécule de maïs dans un petit bol.

Ajouter 3 cuillères à table d'eau et brasser jusqu'à ce que ce soit lisse. Ajouter petit à petit aux bleuets très chauds et cuire à feu doux, en brassant constamment jusqu'à ce que la sauce soit épaisse et d'apparence un peu transparente. Laisser refroidir un peu.

Etendre ce qui reste de bleuets sur le fromage dans la croûte. Recouvrir avec la garniture cuite aux bleuets en étendant bien celle-ci sur toute la surface. Refroidir au réfrigérateur environ 2 heures jusqu'à ce que ce soit ferme.
Servir après avoir recouvert de crème fouettée sucrée.

Mme Fortier
Vicky '88

Unbaked Lemon Cheesecake

**2 tbsps gelatin (2 envelopes Knox gelatin)
1/2 cup cold water
2 8-oz packages cream cheese
1 cup sugar
1/2 cup lemon juice
zest of 2 lemons
1 1/2 cups 15% cream (half and half)
2 cups heavy cream
chocolate graham cracker crust
Bloom gelatin in cold water.**

In a food processor mix cream cheese, sugar, lemon juice and lemon zest. Add light cream. Melt gelatin (don't overheat) and pour into processor with other mixture. Whip heavy cream in a chilled metal bowl and fold into gelatin mixture. Oil a 10" spring form pan. Line the bottom with chocolate graham cracker crust. Pour mixture on top and refrigerate until it sets.

*Margaret McGregor
Home Ec. Teacher*

Zolobya
Iran

3 tbsp yogurt
5 tbsp flour
1 tbsp baking powder
some water

Mix all together. Mixture should have yogurt consistency. Heat about 1 inch of oil in pan and dribble mixture in spiral shape into oil. Cook until golden. Dry on wax paper and serve. Good with maple syrup.

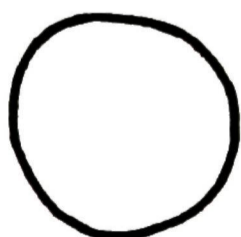
Annabelle McCall
BCS '89



Everything

Else

?



Basic Cream Sauce

2 tbsps butter

2 tbsps flour

1 cup milk

salt and pepper to taste

Melt butter, add flour and stir. Gradually add milk stirring constantly, bring to a boil and season to taste.

Boiled Salad Dressing

**1 egg
3/4 cup white sugar
2 tsp mustard
1/4 tsp pepper
1 tsp salt
2 tbsps flour
1 tbsp butter
1 cup each of milk, water and vinegar**

Beat egg, add sugar, mustard, butter, flour and seasonings. Then add liquids gradually and cook in double boiler until thick.

*Fern Lapointe
Seamstress-Linen Room*

Butterscotch Sauce

1/2 cup butter
1 1/2 cups corn syrup
3 cups brown sugar
1 3/4 cups light cream

Boil the first three ingredients until the syrup is at the thick medium ball stage when tried in cold water. Add cream slowly. Boil 15 to 20 minutes.

H.O. Burt
KHC Chef '36-'68

Hot Chocolate Sauce

3 squares unsweetened chocolate
6 tbsps melted butter
1 cup boiling water
6 tbsps corn syrup
3 cups white sugar
salt and vanilla

Soften the chocolate in the melted butter. Add the boiling water slowly to the mixture, stirring all the time. Boil for one or two minutes. Add corn syrup and sugar and boil for 10 minutes. Cool a little, then add salt and vanilla. Serve. Can be used on ice cream, cottage pudding and cream puffs.

H.O. Burt
KHC Chef '36-'68

Hot Jamaica Rum Sauce

**1/2 lb of butter
2 limes juiced
grated rind of 1 lime
1/2 cup Jamaica rum
1 lb dark brown sugar
2 whole eggs**

Place ingredients in top of a double boiler, beat with a rotary beater over boiling water for about 5 minutes or until it thickens.

Serve hot over ice cream, puddings or fruit. Can be frozen.

Makes 3 1/2 cups.

*Georgie Hebden Simmons
Kingston, Jamaica
KHC '53*

Khoreshe Bademjan

Iran

Eggplant Sauce

In the United States people know very little about the very delicate vegetable, eggplant. If they have eaten it, it had been dipped in batter and fried, and those who have eaten eggplant prepared this way claim that they didn't care much for it. And no wonder! There are many ways of preparing eggplant, and the Persian housewife knows how to prepare it in at least a hundred different ways.

The secret of preparing eggplant well and preserving its delicate flavor lies in the removing of its bitterness, as the following recipe illustrates.

2 medium eggplant

1/2 tsp pepper

2 tbsps salt

1/4 tsp nutmeg

2 tbsps butter

6 tbsps shortening

1 lb stew beef or round beef cut in 1" cubes

1 1/4 cups tomato sauce

1 3/4 cups water

1 medium onion, finely chopped

1 tsp salt

3-4 tpsps lemon juice

1 large tomato (optional)

1/2 tsp cinnamon

Cut the unpeeled eggplants lengthwise into 1" slices. Wash, sprinkle with salt, and let stand for about 20 minutes. (This takes away the bitterness of the eggplants.) Melt the butter in a 3-quart saucepan. Add meat, onions, seasonings and sauté. Add tomato sauce, water and lemon juice to the meat and let simmer for about 35 minutes on low fire. Wash the salt off the

eggplants and dry them with a paper towel. Melt the shortening and sauté the eggplants separately. 15 minutes before serving, add the eggplants and quartered tomatoes to the meat and let simmer. Serve this over chelo (boiled or steamed rice). This recipe can be made without the tomato sauce and tomatoes. Just increase the amount of water and lemon juice. You can substitute chicken for meat. It is very delicious with chicken, and chicken cooked in such a sauce acquires a very delicate flavour.

Makes 5-6 servings.

Annabelle McCall
BCS '89

Sauce suprême

1 tasse de sucre
1/4 de tasse de beurre
1/4 de tasse de jus d'orange
1/2 de tasse de jus d'ananas
2 c. thé de zeste d'orange
2 c. table de rhum (facultatif)

Dans un chaudron épais, battre le beurre et ajouter le sucre. Brasser à feu moyen jusqu'à obtention d'une couleur brun doré. Enlever du feu et ajouter le jus d'ananas. Remettre au feu et continuer à cuire et à brasser jusqu'à consistance d'un sirop. Ajouter le jus d'orange. Continuer à chauffer jusqu'à dissolution complète du sucre. Garder tiède. Servir avec une rondelle d'orange et du rhum (facultatif) sur de la crème glacée à la vanille avec des bleuets, framboises, fraises ou autres fruits.

Mme Fortier
Patrick '91

Sunshine Sauce

2 egg yolks
1 cup sifted icing sugar
1 cup 35% cream, whipped
good dash of brandy or rum

Beat egg yolks, add the sugar and fold in the whipped cream. Then add as much brandy or rum as you like. Keep in fridge until ready to serve. Very good on plum pudding, mincemeat pie, or even fruit salad.
8-10 large servings.

Lisa Johnson
Kurt '84

Confiture d'oranges amères

3 Maltaises

9 oranges amères

1 citron

6 kgs de sucre

6 l. d'eau

1er jour: Laver et essuyer les fruits. Les couper finement au-dessus d'une bassine pour ne pas perdre le jus. Conserver les pépins et les mettre dans une mousseline (ou gaze hydrophyle) et les nouer.

Ajouter l'eau et laisser jusqu'au lendemain avec les pépins.

2d jour: Chauffer et faire bouillir 50 minutes. A partir de l'ébullition conserver dans un récipient jusqu'au lendemain.

3e jour: Ajouter le sucre et faire bouillir 50 minutes à partir de l'ébullition. Mettre en pots à chaud et couvrir immédiatement.

Famille Grenon

BCS '87-'88

Sucre à la crème

2 c. à table de beurre

**2/3 de tasse de lait évaporé Carnation, non dilué
(1 petite boîte)**

1 et 2/3 de tasse de sucre

1/2 c. à thé de sel

2 tasses de guimauves miniatures

1 et 1/2 tasse de caramel "chips" (butterscotch)

1 c. à thé de vanille

1/2 tasse de noix hachées

Mélanger dans une casserole sur feu moyen, le beurre, le lait Carnation, le sucre, le sel. Porter à ébullition, faire cuire 5 minutes sans cesser de remuer. Retirer du feu. Ajouter les guimauves, le caramel, la vanille, les noix. Remuer durant 1 ou 2 minutes jusqu'à ce que les guimauves soient fondues.

Verser dans un moule beurré de 8 pouces carrés.

Faire refroidir et couper.

Famille Grenon

BCS '87-'88

Crêpes

3 eggs
1 cup milk
1/2 tsp salt
2/3 cup flour
3 tbsp butter

Mix ingredients in order and beat until just blended. Make crêpes one at a time. Pour 2 tbsp batter onto a hot buttered skillet, not over 6 or 7 inches in diameter, and rotate it quickly to cover the bottom. Cook until brown on both sides.
Makes 16 crêpes.

Ann Cameron Mitchell
KHC '53

Crêpe au gruau

2 oeufs

1 et 1/2 tasse de gruau

2 tasses de lait ou eau

1 tasse de farine de blé entier

2 c. à table de sucre

2 c. à thé de poudre à pâte

un peu de sel

1/3 de tasse d'huile

Verser le lait sur le gruau et laisser reposer 5 minutes.

Mélanger le reste. Chauffer l'huile dans une poêle et faire cuire les crêpes.

Huguette Talbot

Couturière BCS

Granola

5 cups of oatflakes (Quaker will do)

1 cup sunflower seeds

1/4 cup sesame seeds

1/2 cup corn oil

1/2 cup honey

5 cups wheat flakes ("Pep")

1/2 - 1 cup raisins or sultanas

Mix first five ingredients and spread on 2 large cookie trays and bake at 375°F for about 10 minutes. Be careful not to burn. When toasted, add last 2 ingredients and cool. Keep in well covered container or bag.

Makes about 12 cups.

Freezes well.

*Dorothy Hewson
BCS Music Department*

Farmhouse Fondue

1 clove garlic
450 g Cheddar cheese, grated
150 ml milk
salt and freshly ground pepper
pinch of dry mustard
pinch of ground nutmeg
2 tbsps dry white wine (optional)

Rub the inside of a fondue dish with the cut clove of garlic. Add the cheese and melt over low heat, stirring continuously. Gradually add the remaining ingredients and cook until thickened and creamy, stirring all the time.

Serving suggestions:

Serve cubes of fried bread, pretzels and bread sticks to dip into the fondue and accompany with a crisp salad.

Susan Sterling
Business Office

Flan aux asperges

**1 lb de petites pointes d'asperges,
cuites et égouttées**

6 oeufs

3 c. à soupe de farine tout usage

1/2 tasse de lait

1 tasse de crème 35%

3/4 de tasse de gruyère, finement râpé

sel et poivre

salade verte, en accompagnement (facultatif)

pain croûté tranché, en accompagnement

moule à quiche, généreusement beurré

Préchauffer le four à 375° F. Verser le lait dans un bol, puis y ajouter les oeufs et la farine tout usage. Saler et poivrer. Battre alors tous ces ingrédients au batteur électrique, jusqu'à l'obtention d'une consistance onctueuse. Verser 1 tasse de crème 35% dans le bol, puis y ajouter le gruyère finement râpé. Mélanger alors ces ingrédients à l'aide d'une cuillère de bois, de façon à bien incorporer, puis verser la préparation obtenue dans un moule à quiche généreusement beurré. Disposer alors les pointes d'asperges cuites et égouttées en forme de roue, sur le dessus de la quiche. Déposer le moule à quiche dans le four préchauffé à 375° F. , puis cuire le flan pendant 1/2 heure environ. Servir le flan aux asperges très chaud, accompagné de pain croûté tranché et d'une salade verte ,si désiré.

Pour 4 personnes.

*Régine Mesnil
Professeur BCS*

Rôti de Millet

Mets végétarien

1 tasse de millet cru
1/2 tasse de levure alimentaire
1 oignon haché
1 branche de céleri haché
3 c. à s. d'huile
1/4 c. à thé de sauge
1 tasse de champignons hachés
sel au tamari

Pour cuire le millet ajouter une fois et demi son volume d'eau très chaude.

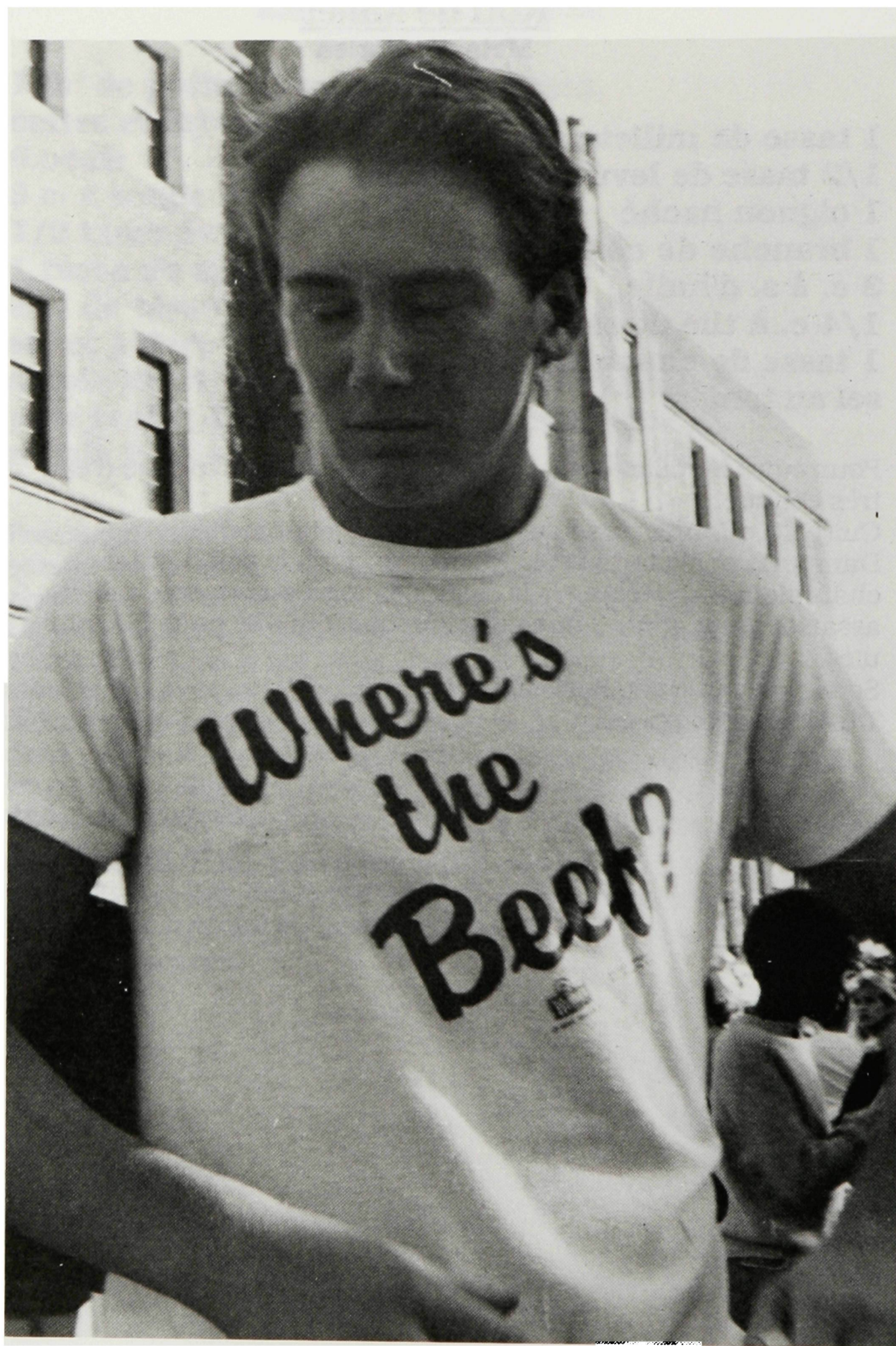
Cuire 20 minutes jusqu'à ce que l'eau soit absorbée.

Dans une poêle faire revenir l'oignon, puis le céleri et les champignons. Mélanger le reste des ingrédients et le millet, assaisonner au goût. Faire cuire au four à 350°F pour 30 minutes.

Servir avec une sauce et une salad.

Très riches en protéines.

Huguette Talbot
BCS Linen Room



Spinach Lasagna

**2 jars spaghetti sauce
lasagna noodles
1 cup water**

Cheese Mixture:

**1 lb cottage cheese
1 1/2 cups shredded cheese
1 egg
1 pkg. frozen spinach, thawed and drained
1 tsp. salt
3/4 tsp. oregano
pepper**

Layer cheese mixture, noodles (uncooked) and sauce in a 7" x12" baking dish. Pour water around the edge. Cover tightly with foil. Bake at 350°F for one hour and 15 minutes.

*Sara Pettigrew
Chris '89*

Baking Hints

To make butter or margarine cream more easily, first rinse your bowl and beaters with hot water. If you can remember, take your butter out of the refrigerator and set it on the kitchen counter first thing in the morning. By the time you come to bake it will be room temperature and very easy to cream.

The addition of cornmeal is said to enhance the texture of breads, muffins and cookies. The rule of thumb is 1 part cornmeal to three parts all-purpose flour.

Yeast dough rises well in an electric stove oven with the inside oven light on. The bulb provides just the right amount of heat. If you feel it is not warm enough, switch the oven element on for 30 seconds or so every once and a while, particularly to warm the oven at the beginning.

Roast nuts for a few minutes before adding to a recipe. Roasted nuts have more flavor. If you prefer, soy nuts make a good substitute for nuts called for in most recipes. They are tasty, nutritious and so much less expensive.

Remember to grease the top of your muffin tins, the muffins will be easier to remove should they run over the top.

Kitchen Hints

The next time you spill some red wine on your carpet or tablecloth, try removing it with white wine.

If brown sugar becomes hard as a rock and you need it in a hurry, simply grate the amount called for. If time is available, put a piece of bread into the bag or jar of brown sugar, it will soon soften up.

Keep clear plastic wrap in the refrigerator to prevent it from sticking together.

When you boil potatoes, add a little oil to the water to avoid the dark ring on your pan.

To clean eyeglasses without streaks, use a drop of vinegar or vodka on each lens.

Burned your fingertips? Quickly touch your earlobes.

To remove the last bit of sticky glue left by price tags, try rubbing it with a little bit of vegetable oil.

For a quick cleaning of silver cutlery or small pieces, put a piece of aluminium foil in you sink, sprinkle some baking soda over it, lay the silver on top and pour boiling water over the lot. It will soon become clean again.

To remove the sour smell from towels and cloths, soak in a bit of vinegar before washing.

Cooking Temperatures

<u>Fahrenheit</u>	<u>Gas Markings</u>	<u>Celcius</u>
212		100
250		120
275	1	140
300	2	150
325	3	160
350	4	180
375	5	190
400	6	200
425	7	220
450		230
475		240
500		260
525		270
550		

Imperial To Metric Weights

<u>Ounces</u>	<u>Grams</u>
<u>Pounds</u>	<u>Kilograms</u>
1 oz	30 g
1/4 lb	100 g
1/3 lb	150 g
1/2 lb	250 g
3/4 lb	350 g
1 lb	500 g
1 1/4 lb	600 g
1 1/2 lb	700 g
1 3/4 lb	800 g
2 lb	900 g
2 1/2 lb	1.25 kg

Small Liquid And Dry Measures

1/4 teaspoon	1 ml
1/2 teaspoon	2 ml
3/4 teaspoon	5 ml
1 teaspoon	15 ml
1 coffee measure	25 ml

Liquid Measure

1 fl oz	30 ml
2 fl oz	60 ml
3 fl oz	100 ml
4 fl oz	125 ml
6 fl oz	200 ml
8 fl oz	250 ml

Dry Measure

1/4 cup	50 ml
1/2 cup	125 ml
1 cup	250 ml
2 cups	500 ml

Eat a variety of foods from each group every day

Energy needs vary with age, sex and activity. Foods selected according to the guide can supply 1000-1400 calories. For additional energy, increase the number and size of servings from the various food groups or add other foods.

milk and milk products

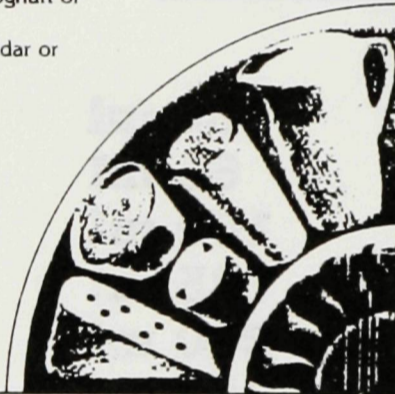
Children up to 11 years	2-3 servings
Adolescents	3-4 servings
Pregnant and nursing women	3-4 servings
Adults	2 servings

Skim, 2%, whole, buttermilk, reconstituted dry or evaporated milk may be used as a beverage or as the main ingredient in other foods. Cheese may also be chosen.

Examples of one serving

250 ml (1 cup) milk, yoghurt or cottage cheese
45 g (1½ ounces) cheddar or process cheese

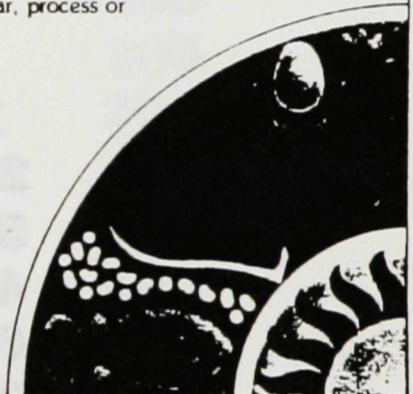
In addition, a supplement of vitamin D is recommended when milk is consumed which does not contain added vitamin D.



meat and alternates 2 servings

Examples of one serving

60 to 90 g (2-3 ounces) cooked lean meat, poultry, liver or fish
60 ml (4 tablespoons) peanut butter
250 ml (1 cup) cooked dried peas, beans or lentils
80 to 250 ml (⅓-1 cup) nuts or seeds
60 g (2 ounces) cheddar, process or cottage cheese
2 eggs



bread and cereals 3-5 servings

whole grain or enriched. Whole grain products are recommended.

Examples of one serving

1 slice bread
125 to 250 ml (½-1 cup) cooked or ready-to-eat cereal
1 roll or muffin
125 to 200 ml (½-¾ cup) cooked rice, macaroni, spaghetti



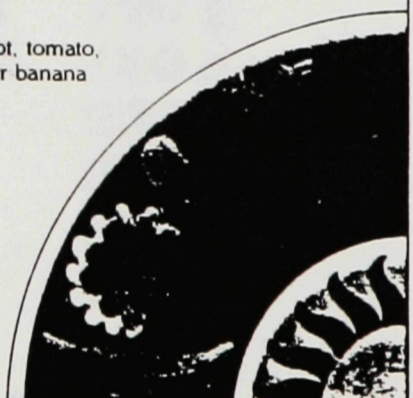
fruits and vegetables 4-5 servings

Include at least two vegetables.

Choose a variety of both vegetables and fruits — cooked, raw or their juices. Include yellow or green or green leafy vegetables.

Examples of one serving

125 ml (½ cup) vegetables or fruits
125 ml (½ cup) juice
1 medium potato, carrot, tomato, peach, apple, orange or banana



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